

Wednesday, January 12, 2022

300 swim – 200 kick – 300 pull

8 x 25 IM order 10" rest

Repeat the series 4x: 2x swim; 2x pull

	Gold	Silver	Bronze	Iron
Smooth Build last 50	300 @ 4:00	200 @ 3:45	150 @ 2:45	150 20" rest
Get your time	100	100	100	50
Easy	50	50	50	50
<i>Total yards</i>	2800	2400	2200	2000

50 easy

	Gold	Silver	Bronze	Iron
Each is 200 IM -or- (2 x 100 IM) -or- (25 stroke/25 free)	2 x 200 @ 3:10	2 x 200 @ 3:40	2 x 200 @ 4:00	1 x 200 30" rest
<i>Total yards</i>	3250	2850	2650	2250

100 easy

<i>Total yards</i>	3350	2950	2750	2350
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