

Saturday, January 18, 2025

300 swim – 200 kick – 300 pull

25 breaststroke kick / 25 free		
4 x 50	<i>Odds: On back; lift heels to hands</i>	10" rest
	<i>Evens: On stomach; keep narrow</i>	

10" rest after each swim – Keep moving

	Gold	Silver	Bronze	Iron
<i>Repeat the series</i> ☐	4 x	3 x	2 x	2 x
Smooth free	100	100	100	100
Fast choice of stroke	2 x 25	2 x 25	2 x 25	2 x 25
Smooth free	75	75	75	75
Fast choice of stroke	2 x 25	2 x 25	2 x 25	2 x 25
Smooth free	50	50	50	50
Fast choice of stroke	2 x 25	2 x 25	2 x 25	2 x 25
Ez	25	25	25	25
<i>Total yards</i>	2400	2050	1700	1700

	Gold	Silver	Bronze	Iron
Kick - 25 mod / 25 fast	300	250	200	200
<i>Total yards</i>	2700	2300	1900	1900

Swim or pull	Gold	Silver	Bronze	Iron
<i>Repeat the series</i> ☐	4 x	4 x	4 x	3 x
Smooth free - 10" rest	100	100	100	100
Fast free – 20" rest	50	50	50	50
<i>Total yards</i>	3300	2900	2500	2350

100 easy

<i>Total yards</i>	3400	3000	2600	2450
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