

Wednesday, July 24, 2024

300 swim – 200 kick – 300 pull

25 ESSR / 25 build
4 x 50 ESSR = Extreme, Snappy Shoulder 10" rest
Rotation

	Gold	Silver	Bronze	Iron
Each 200 is as follows:	4 x 200	3 x 200	2 x 200	2 x 200
25 ESSR - 25 smooth – 150 solid effort	@ 3:10	@ 3:30	@ 3:50	20" rest
<i>Total meters</i>	1800	1600	1400	1400

50 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod/25 fast	300	200	200	150
<i>Total meters</i>	2150	1850	1650	1600

	Gold	Silver	Bronze	Iron
Each 200 is: 200 IM, 2 x 100 IM, or 25 stroke / 25 free	4 x 200 20" rest	4 x 200 20" rest	3 x 200 20" rest	2 x 200 20" rest
<i>Total meters</i>	2950	2650	2250	2000

100 easy

<i>Total meters</i>	3050	2750	2350	2100
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