

Friday, June 10, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 fly drill / 25 swim build 10" rest
Drill = 2R-2L-2Both fly

A few swim; a few pull

	Gold	Silver	Bronze	Iron
Expand the fast block 1, 4: 75 ez / 50 fast / 75 ez 2, 5: 50 ez / 100 fast / 50 ez 3, 6: 25 ez / 150 fast / 25 ez	6 x 200 @ 3:00	5 x 200 @ 3:30	4 x 200 @ 4:00	2 x 200 20" rest
<i>Total meters</i>	2200	2000	1800	1400

Do the 25 fast stroke?

	Gold	Silver	Bronze	Iron
Rotate the fast 25 1, 5: 25 fast / 75 ez 2, 6: 25 ez / 25 fast / 50 ez 3, 7: 50 ez / 25 fast / 25 ez 4, 8: 75 easy / 25 fast	8 x 100 @ 1:35	6 x 100 @ 1:45	6 x 100 @ 2:00	4 x 100 10" rest
<i>Total meters</i>	3000	2600	2400	1800

100 easy

<i>Total meters</i>	3100	2700	2500	1900
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