

Friday, March 31, 2023

300 swim – 200 kick – 300 pull

4 x 50 25 dolphin kick on back / 25 swim 10" rest
keep head/shoulders still and stable

		Gold	Silver	Bronze	Iron
		6 x 250	5 x 250	4 x 250	3 x 250
Broken 250s	25 free	5-10" rest			
	50 – breast/free	5-10" rest			
	75 – back/br/free	5-10" rest			
	100 IM	Start each 250 on next top or bottom			
Total yards		2500	2250	2000	1750

50 easy

		Gold	Silver	Bronze	Iron
Swim or pull		8 x 100	6 x 100	5 x 100	3 x 100
Broken 100s	50 smooth	5" rest			
	25 fast!	5" rest			
	25 easy	@ 1:40	@ 1:50	@ 2:00	20" rest
Total yards		3350	2900	2550	2150

50 easy

Total yards 3400 2950 2600 2200