

Saturday, November 18, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 backstroke drill / 25 build	10" rest
	Odds: Kick – rotate shoulder to chin	
	Evens: Single arm (off arm at side); rotate shoulder to chin	

	Gold	Silver	Bronze	Iron
Backstroke – by 25s kick / drill / swim	300	300	150	150

Kick styles: arms at sides, streamline, hands in air, Titanic

Drills: Single arm, double arm, rifle sight at 30°, wave at 90°, spin

Free, pull, or stroke	Gold	Silver	Bronze	Iron
Repeat the series <input type="checkbox"/>	4x	3x	3x	2x
Smooth 150; fast 50	200	200	200	200
Smooth 50; fast 50	100	100	100	100
FAST!	50	50	50	50
<i>Total yards</i>	2700	2350	2200	1850

	Gold	Silver	Bronze	Iron
Backstroke – by 25s kick / drill / swim	300	300	150	150

100 easy

<i>Total yards</i>	3100	2750	2450	2100
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