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	**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**
Total yards	***2700***	***2350***	***2200***	***1850***

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

100 easy

Total yards	***3100***	***2750***	***2450***	***2100***