

Saturday, February 15, 2025

300 swim – 200 kick – 300 pull

4 x 50	25 over/under free – 25 build free	10" rest
	"over/under" = one arm recovers under water; keep high elbows	

3rd person sendoff (about 10" rest) Keep moving!

		Gold	Silver	Bronze	Iron
Repeat the series		5 x	5 x	4 x	4 x
1: swim	Smooth	150	100	100	100
2: swim	Build	75	75	75	50
3: pull	Build	75	75	75	50
4: pull	FAST!	50	50	50	25
5: swim	EZ	50	50	50	25
Total yards		3000	2750	2400	2000

50 easy

	Gold	Silver	Bronze	Iron
Fast	4 x 50	4 x 50	4 x 50	4 x 50
Choice of stroke	@ 1:15	@ 1:20	@ 1:30	30" rest

50 easy

Total yards	3300	3050	2700	2300
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