

Wednesday, November 16, 2022

300 swim – 200 kick – 300 pull

4 x 50

Porpoise the shallows

10" rest

Broken 250s –	Gold	Silver	Bronze	Iron
	8 x 250 @ 3:45	7 x 250 @ 4:15	6 x 250 @ 4:45	4 x 250 @ 5:00
<i>5" sec after each segment</i> 100: 75 smooth / 25 fast 75: 50 smooth / 25 fast 50: 25 smooth / 25 fast 25 - FAST				
<i>Total yards</i>	3000	2750	2500	2000

50 easy

25s FAST Choice of stroke	Gold	Silver	Bronze	Iron
	8 x 25 @ :30	8 x 25 @ :30	6 x 25 @ :35	4 x 25 @ :40
<i>Total yards</i>	3250	3000	2700	2150

50 easy

<i>Total yards</i>	3300	3050	2750	2200
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