

Wednesday, September 2, 2020

300 swim – 200 kick – 300 pull

4 x 50 25 drill / 25 build 10" rest

Drill = dolphin kick with free arms

One kick per arm; connect kick to catch

	Gold	Silver	Bronze	Iron
Repeat the series:	7 x	6 x	6 x	5 x
Smooth	100 @ 1:35	100 @ 1:45	75 @ 1:30	50 10" rest
Fast! Choice of stroke	25	25	25	25
Kick	50	50	50	25
Smooth	75 @ 1:10	75 @ 1:15	50 @ 1:00	50 10" rest
Fast! Choice of stroke	25	25	25	25
Recover	25	25	25	25
Total meters	3100	2800	2500	2000

100 easy

Total meters	3350	2900	2600	2100
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