

Wednesday, November 10, 2021

300 swim – 200 kick – 300 pull

4 x 50
10" rest
25 kick / 25 build free
Whip kick on back; hands at side

	Gold	Silver	Bronze	Iron
Descend 1 -> 3 then hold that pace	5 x 100 @ 1:20	4 x 100 @ 1:30	4 x 100 @ 1:45	3 x 100 10" rest
<i>Total yards</i>	<i>1500</i>	<i>1400</i>	<i>1400</i>	<i>1300</i>

	Gold	Silver	Bronze	Iron
Fast and consistent! free	16 x 25 @ :25	14 x 25 @ :30	12 x 25 @ :35	10 x 25 @ :40

10" sendoff between swimmers

50 easy

	Gold	Silver	Bronze	Iron
Kick - drill – swim by 25s Choice of stroke	450	300	300	300

	Gold	Silver	Bronze	Iron
Fast and consistent! Choice of stroke	12 x 25 @ :25	12 x 25 @ :30	10 x 25 @ :35	8 x 25 @ :40

10" sendoff between swimmers

100 easy

<i>Total yards</i>	<i>2800</i>	<i>2500</i>	<i>2400</i>	<i>2200</i>
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