Wednesday, November 10, 2021

300 swim – 200 kick – 300 pull

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

	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**
Total yards	***1500***	***1400***	***1400***	***1300***

	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

Total yards	***2800***	***2500***	***2400***	***2200***