

Saturday, January 8, 2022

300 swim – 200 kick – 300 pull

4 x 50	Run the shallow end Odds: forward/backward Evens: lead left/right	10" rest
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Repeat series 3 times: 1: swim 2: pull 3: swim

	Gold	Silver	Bronze	Iron
Fast turns & tight streamlines	250 @ 3:20	200 @ 3:00	150 @ 2:30	100 20" rest
IM / choice of stroke	100 @ 1:30	100 @ 1:45	100 @ 1:55	50 15" rest
<i>Total yards</i>	<i>2050</i>	<i>1900</i>	<i>1750</i>	<i>1450</i>

50 easy

	Gold	Silver	Bronze	Iron
6 x 25 – All FAST!	@ :40	@ :45	@ :50	@ :55
50 easy				
6 x 25 – All FAST!	@ :35	@ :40	@ :45	@ :50
50 easy				
6 x 25 – All FAST!	@ :30	@ :35	@ :40	@ :45
50 easy				
6 x 25 – All FAST!	@ :25	@ :30	@ :35	@ :40
<i>Total yards</i>	<i>2800</i>	<i>2650</i>	<i>2500</i>	<i>2200</i>

100 easy

<i>Total yards</i>	<i>2900</i>	<i>2750</i>	<i>2600</i>	<i>2300</i>
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