Wednesday, May 3, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 Fly drill / 25 free build Odds: Kick on stomach - Pinkies up! Evens: Biondi drill – 4 kicks / 1 pull w/ underwater recovery	5 - 10” rest

Fly	Gold	Silver	Bronze	Iron
25 kick / 25 drill / 25 full stroke	4 x 75	4 x 75	2 x 75	2 x 75

	Gold	Silver	Bronze	Iron
1st swim; 2nd pull	2x	2x	2x	2x
Increase intensity through set	5 x 100 @ 1:20	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 15” rest
Odds: smooth Evens: FAST!	4 x 50 @ :50	4 x 50 @ :55	4 x 50 @ 1:00	2 x 50 15” rest
EZ	50	50	50	50
Total yards	*2800*	*2400*	*2250*	*1850*

	Gold	Silver	Bronze	Iron
Choice of stroke, IM, or 50 stroke/free	4 x 100 @ 1:30	4 x 100 @ 1:45	3 x 100 @ 2:00	3 x 100 15” rest
Total yards	*3200*	*2800*	*2550*	*2150*

100 easy

Total yards	*3300*	*2900*	*2650*	*2250*