

Wednesday, May 3, 2023

300 swim – 200 kick – 300 pull

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|---------------|---|---------------------|
| 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 |
| <i>Total yards</i> | <i>2800</i> | <i>2400</i> | <i>2250</i> | <i>1850</i> |

| | 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 |
| <i>Total yards</i> | <i>3200</i> | <i>2800</i> | <i>2550</i> | <i>2150</i> |

100 easy

| | | | | |
|--------------------|-------------|-------------|-------------|-------------|
| <i>Total yards</i> | <i>3300</i> | <i>2900</i> | <i>2650</i> | <i>2250</i> |
|--------------------|-------------|-------------|-------------|-------------|