

Saturday, September 11, 2021

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end
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10" rest

Emphasize technique on the 200s and speed on the 100s

	Gold	Silver	Bronze	Iron
Perfect stroke	200 @ 3:00	200 @ 3:30	200 @ 4:00	200
Increase speed set	4 x 100 @ 1:20	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 @15" rest
Perfect stroke	200 @ 3:00	200 @ 3:30	200 @ 4:00	200
Increase speed set	4 x 100 @ 1:20	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 @15" rest
<i>Total yards</i>	<i>2200</i>	<i>2000</i>	<i>2000</i>	<i>1800</i>

50 easy

	Gold	Silver	Bronze	Iron
25 kick / 25 swim Choice of stroke	400	400	300	200

	Gold	Silver	Bronze	Iron
Choice of stroke Odds: smooth Evens: Fast	10 x 25 @ :30	10 x 25 @ :30-35	8 x 25 @ :35-40	8 x 25 10 – 15"
<i>Total yards</i>	<i>2900</i>	<i>2700</i>	<i>2550</i>	<i>2250</i>

100 easy

<i>Total yards</i>	<i>3000</i>	<i>2800</i>	<i>2650</i>	<i>2350</i>
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