

Saturday, January 7, 2023

300 swim – 200 kick – 300 pull

25 drill/25 free

4 x 50

Drill = fly w/ flutter kick

10" rest

Feel the surge

	Gold	Silver	Bronze	Iron
Each 250 is broken as follows - 5 sec after each segment <ul style="list-style-type: none"> ▪ 100 as 50ez/50 build ▪ 75 as 25ez/50 build ▪ 50 Build ▪ 25 FAST 	8 x 250 @ 3:45	6 x 250 @ 4:15	5 x 250 @ 4:45	4 x 250 @ 5:00
<i>Start each 250 on next top/bottom Choice of swim or pull</i>				
<i>Total yards</i>	3000	2500	2250	2000

50 easy

	Gold	Silver	Bronze	Iron
Choice of stroke Odds: Build Evens: Fast	8 x 25 @ :30	8 x 25 @ :30	6 x 25 @ :35	4 x 25 @ :40
<i>Total yards</i>	3250	2750	2450	2150

50 easy

<i>Total yards</i>	3300	2800	2500	2200
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