Saturday, January 7, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 drill/25 free Drill = fly w/ flutter kick *Feel the surge*	10” rest

	Gold	Silver	Bronze	Iron
Each 250 is broken as follows - 5 sec after each segment ▪ 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
	Start each 250 on next top/bottom *Choice of swim or pull*			
Total yards	*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
Total yards	*3250*	*2750*	*2450*	*2150*

50 easy

Total yards	*3300*	*2800*	*2500*	*2200*