

**Saturday, January 7, 2023**

**300 swim – 200 kick – 300 pull**

<b>4 x 50</b>	<b>25 drill/25 free</b>	<b>10" rest</b>
	<b>Drill = fly w/ flutter kick</b>	
	<b><i>Feel the surge</i></b>	

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

**50 easy**

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

**50 easy**

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