

Wednesday, October 9, 2024

300 swim – 200 kick – 300 pull

8 x 25	IM order	10" rest
--------	----------	----------

Some swim; some pull	Gold	Silver	Bronze	Iron
Each 200 is: • 100 smooth • 50 build; fast last 15 yds • 50 build; fast last 15 yds	7 x 200 @ 2:50	5 x 200 @ 3:10	4 x 200 @ 3:30	2 x 200 20" rest
Total yards	2400	2000	1800	1400

50 easy

	Gold	Silver	Bronze	Iron
4 x 4 x 50	Four rounds of 4x50. One round per stroke. Focus on speed of the stroke sections.			
1: All free	:45	:50	:55	10" r
2: 40 yd free / 10 stroke	:50	:55	1:00	15" r
3: 30 yd free / 20 stroke	:55	1:00	1:05	20" r
4: 20 yd free / 30 stroke	1:00	1:05	1:10	25" r

50 easy

Total yards	3300	2900	2700	2300
-------------	------	------	------	------