

Wednesday, April 15, 2024

300 swim – 200 kick – 300 pull

Breaststroke drills 1 – 2 : Breast pull w/ dolphin kick 8 x 25 3 – 4 : 1 pull / 2 whip kicks 5 – 6 : 2 pulls / 1 whip kick 7 - 8 : Breaststroke full stroke	10" rest
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<i>Breaststroke</i>	Gold	Silver	Bronze	Iron
25 kick – 25 drill – 25 swim	2 x 75	2 x 75	2 x 75	2 x 75
15" rest				

	Gold	Silver	Bronze	Iron
Swim	4 x 200	4 x 200	3 x 200	3 x 150
Smooth / Fast	125 / 75	125 / 75	125 / 75	100 / 50
Third person rest / 10" rest				
Total yards	1950	1950	1750	1600

50 easy

<i>kick</i>	Gold	Silver	Bronze	Iron
Mod / fast by 25s	300	300	200	200

	Gold	Silver	Bronze	Iron
Pull	4 x 200	3 x 200	3 x 200	3 x 150
Smooth / Fast	125 / 75	125 / 75	125 / 75	100 / 50
Third person rest / 10" rest				
Total yards	3100	2900	2600	2300

50 easy

Total yards	3150	2950	2650	2350
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