

## Wednesday, March 23, 2022

**300 swim – 200 kick – 300 pull**

**25 breaststroke drill / 25 build**  
**4 x 50**    *Odds: Dolphin kick*    **10" rest**  
*Evens: Two whip kicks/1 pull*

		Gold	Silver	Bronze	Iron
<b>S w i m</b>	<b>Repeat the series....</b>	<b>4 x</b>	<b>3 x</b>	<b>3 x</b>	<b>2 x</b>
	<b>150 – Perfect stroke</b>	<b>@ 2:00</b>	<b>@ 2:15</b>	<b>@ 2:30</b>	<b>20" rest</b>
	<b>100 – Negative split</b>	<b>@ 1:25</b>	<b>@ 1:35</b>	<b>@ 1:45</b>	<b>10" rest</b>
	<b>50 – Fast!</b>	<b>@ 1:00</b>	<b>@ 1:10</b>	<b>@ 1:15</b>	<b>30" rest</b>
<i>Total yards</i>		<i>2200</i>	<i>1900</i>	<i>1900</i>	<i>1600</i>



**50 easy**

		Gold	Silver	Bronze	Iron
<b>S t r o k e</b>	<b>Repeat the series....</b>	<b>3 x</b>	<b>3 x</b>	<b>2 x</b>	<b>2 x</b>
	<b>150 - 50fly-50bk-50br or 25 stroke/25 free</b>	<b>@ 2:20</b>	<b>@ 2:40</b>	<b>@ 3:00</b>	<b>20" rest</b>
	<b>100 – Smooth free</b>	<b>@ 1:25</b>	<b>@ 1:35</b>	<b>@ 1:45</b>	<b>10" rest</b>
	<b>50 – Fast! Choice</b>	<b>@ 1:15</b>	<b>@ 1:15</b>	<b>@ 1:15</b>	<b>30" rest</b>
<i>Total yards</i>		<i>3150</i>	<i>2850</i>	<i>2550</i>	<i>2250</i>



**50 easy**

<i>Total yards</i>	<i>3200</i>	<i>2900</i>	<i>2600</i>	<i>2300</i>
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