Wednesday, March 23, 2022

300 swim – 200 kick – 300 pull

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

		Gold	Silver	Bronze	Iron
Swim	Repeat the series….	4 x	3 x	3 x	2 x
	150 – Perfect stroke	@ 2:00	@ 2:15	@ 2:30	20” rest
	100 – Negative split	@ 1:25	@ 1:35	@ 1:45	10” rest
	50 – Fast!	@ 1:00	@ 1:10	@ 1:15	30” rest
	Total yards	*2200*	*1900*	*1900*	*1600*

50 easy

		Gold	Silver	Bronze	Iron
Stroke	Repeat the series….	3 x	3 x	2 x	2 x
	150 - 50fly-50bk-50br or 25 stroke/25 free	@ 2:20	@ 2:40	@ 3:00	20” rest
	100 – Smooth free	@ 1:25	@ 1:35	@ 1:45	10” rest
	50 – Fast! Choice	@ 1:15	@ 1:15	@ 1:15	30” rest
	Total yards	*3150*	*2850*	*2550*	*2250*

50 easy

	Gold	Silver	Bronze	Iron
Total yards	*3200*	*2900*	*2600*	*2300*