

Wednesday, August 17, 2022

300 swim – 200 kick – 300 pull

4 x 50 porpoise the shallows 10" rest

	Gold	Silver	Bronze	Iron
Repeat the series:	7 x	6 x	5 x	3 x
200 smooth	15" rest	15" rest	15" rest	15" rest
3 x 25 fast	@ :25	@ :30	@ :35	@ :40
1 x 25 ez				
<i>Total meters</i>	3100	2800	2500	1900

Alternate swim and pull for the 200s

Aspire to do at least ½ the fast 25s non-free

50 easy

<i>Total meters</i>	3150	2850	2550	1950
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