

Saturday, August 26, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 Backstroke kick w/ streamlined arms 25 build free	10" rest
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	Gold	Silver	Bronze	Iron
1: Smooth	3 x	2 x	2 x	1 x
2: Drill/kick by 25s	4 x 100	4 x 100	4 x 100	4 x 100
3: 75 smooth / 25 quick	10" rest	10" rest	10" rest	10" rest
4: FAST!				
<i>Total meters</i>	<i>2200</i>	<i>1800</i>	<i>1800</i>	<i>1400</i>

1 minute break after each set of 4

Do each set as Free, pull, IM or stroke

	Gold	Silver	Bronze	Iron
Pull - smooth	200	200	200	200

	Gold	Silver	Bronze	Iron
1: Smooth	2 x	2 x	1 x	1 x
2: Drill/kick by 25s	4 x 100	4 x 100	4 x 100	4 x 100
3: 75 smooth / 25 quick	20" rest	20" rest	20" rest	20" rest
4: FAST!				
<i>Total meters</i>	<i>3200</i>	<i>2800</i>	<i>2400</i>	<i>2000</i>

100 easy

<i>Total meters</i>	<i>3300</i>	<i>2900</i>	<i>2500</i>	<i>2100</i>
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