

Saturday, June 1, 2024

300 swim – 200 kick – 300 pull

4 x 50 25 fist drill / 25 swim build 10" rest

Swim or pull	Gold	Silver	Bronze	Iron
1, 4: 25 ez / 25 perky 2, 5: 50 ez / 50 perky 3, 6: 100 smooth /100 fast	6 x 200 @ 3:00	5 x 200 @ 3:30	4 x 200 @ 4:00	3 x 200 20" rest
Total meters	2200	2000	1800	1600

**CHEEZY 100s -- "CH" = Choice - either FAST free or stroke
"EZ" = smooth free**

	Gold	Silver	Bronze	Iron
1, 5: 25 CH / 75 EZ 2, 6: 25 EZ / 25 CH / 50 EZ 3, 7: 50 EZ / 25 CH / 25 EZ 4, 8: 75 EZ / 25 CH	8 x 100 @ 1:35	6 x 100 @ 1:50	4 x 100 @ 2:10	4 x 100 10" rest
Total meters	3000	2600	2200	2000

100 easy

Total meters	3100	2700	2300	2100
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