

Wednesday, February 5, 2025

300 swim – 200 kick – 300 pull

25 breaststroke drill / 25 build free
 4 x 50 Drill = 1 pull + 2 kicks 10" rest
 Streamline for each kick

	Gold	Silver	Bronze	Iron
Pull - smooth	350	300	250	200
Swim	6 x 100	6 x 100	4 x 100	4 x 100
<i>Odds/evens</i>	1:15/1:25	1:30/1:40	1:35/1:45	5"/15" rest
<i>Total yards</i>	1950	1900	1650	1600

50 easy

	Gold	Silver	Bronze	Iron
Pull - smooth	350	300	250	200
Swim	6 x 100	4 x 100	4 x 100	2 x 100
<i>Odds/evens</i>	1:15/1:25	1:30/1:40	1:35/1:45	5"/15" rest
<i>Challenge interval</i>	1:10/1:20	1:25/1:35	1:30/1:40	
<i>Total yards</i>	2950	2650	2350	2050

50 easy

	Gold	Silver	Bronze	Iron
Kick – change up strokes at least every 50	350	300	250	200

Total yards 3300 3000 2650 2300

100 easy

Total yards 3400 3100 2650 2400