

Wednesday, November 1, 2023

300 swim – 200 kick – 300 pull

4 x 50 25 scull / 25 build

5 - 10" rest

	Gold	Silver	Bronze	Iron
Drill / swim by 25s	200	150	100	100

Grant Hackett 40 x 50s set – No breaks, if possible

	Gold	Silver	Bronze	Iron
Every 4th 50 is fast!	16 x 50 @ :45	12 x 50 @ :50	12 x 50 @ :55	12 x 50 10" rest
Every 3rd 50 is fast!	12 x 50 @ :50	12 x 50 @ :55	9 x 50 @ 1:00	6 x 50 15" rest
Every 2nd 50 is fast!	8 x 50 @ :55	8 x 50 @ 1:00	6 x 50 @ 1:05	4 x 50 20" rest
All fast!	4 x 50 @ 1:00	4 x 50 @ 1:05	3 x 50 @ 1:10	2 x 50 25" rest
Total yards	3200	2950	2700	2300

100 easy

Total yards	3300	3050	2800	2400
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