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***