

Friday, May 6, 2022

300 swim – 200 kick – 300 pull

25 kick / 25 build swim
 4 x 50 Kick w/ arms at sides – 10" rest
 Rotate every 2 or 4 kicks – Floppy ankles!

	Gold	Silver	Bronze	Iron
Repeat the series....	4 x	4 x	3 x	3 x
Smooth	250 @ 3:20	200 @ 3:10	250 @ 4:15	150 15" rest
3 x 75 1: 50 smooth / 25 fast 2: 25 smooth / 50 fast 3: Fast	@ 1:05	@ 1:10	@ 1:15	10" rest
Easy	25	25	25	25
Total yards	3000	2800	2500	2200

50 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod / 25 fast	250	200	200	150
Total yards	3300	3050	2750	2400

100 easy

Total yards	3400	3150	2850	2500
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