

Monday, August 23, 2021

300 swim – 200 kick – 300 pull

4 x 50	Porpoise the shallow end	10" rest
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	Gold	Silver	Bronze	Iron
Smooth swim	300	300	200	200
25 stroke – 100 free Focus effort on the 25	6 x 125 @ 2:00	6 x 125 @ 2:15	4 x 125 @ 2:30	2 x 125 15" rest
<i>Total meters</i>	2050	2050	1800	1450

50 easy

	Gold	Silver	Bronze	Iron
Smooth pull	300	300	200	200
100 free – 25 stroke Focus effort on the 25	6 x 125 @ 2:00	4 x 125 @ 2:15	4 x 125 @ 2:30	2 x 125 15" rest
<i>Total meters</i>	3150	2900	2650	1950

50 easy

<i>Total meters</i>	3200	2950	2700	2000
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