



Friday, October 29, 2021



300 swim – 200 kick – 300 pull

4 x 50 12 ½ streamline under H₂O kick – then
SCREAM! - 37 ½ build swim 10" rest

<i>Kick</i>	Gold	Silver	Bronze	Iron
12 ½ - "tombstone" / 12 ½ fast / 25 moderate	4 x 50	4 x 50	3 x 50	2 x 50

	Gold	Silver	Bronze	Iron
Repeat the sequence:	6x	5x	4x	3x
175 - Perfect stroke & fast turns	@ 2:20	@ 2:40	@ 3:00	20" rest
50 fast	@ :40	@ :45	@ :50	5" rest
25 easy				
<i>Total yards</i>	<i>2700</i>	<i>2450</i>	<i>2150</i>	<i>1850</i>

50 easy

	Gold	Silver	Bronze	Iron
100 "insane" IMs	2x	2x	2x	1x
	15" rest	15" rest	15" rest	

"Insane IM" = Fly w/ flutter kick Backstroke w/ whip kick
Breast w/ flutter kick Free w/ whip kick

100 easy

<i>Total yards</i>	<i>3050</i>	<i>2800</i>	<i>2500</i>	<i>2100</i>
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