

Saturday, February 4, 2023

300 swim – 200 kick – 300 pull

4 x 50 25 drill / 25 build 10" rest
Odds: fist Evens: fingertip drag

	Gold	Silver	Bronze	Iron
Pull: 25 DPS / 25 build	350	300	250	200
Swim	6 x 100	6 x 100	4 x 100	4 x 100
<i>Odds/evens</i>	1:15/1:25	1:30/1:40	1:35/1:45	5"/15" rest
<i>Total yards</i>	1950	1900	1650	1600

50 easy

	Gold	Silver	Bronze	Iron
Pull: 25 DPS / 25 build	350	300	250	200
Swim	6 x 100	4 x 100	4 x 100	2 x 100
<i>Odds/evens</i>	1:15/1:25	1:30/1:40	1:35/1:45	5"/15" rest
<i>Challenge interval</i>	1:10/1:20	1:25/1:35	1:30/1:40	
<i>Total yards</i>	2950	2650	2350	2050

50 easy

	Gold	Silver	Bronze	Iron
Swim: 25 DPS / 25 build	350	300	250	200
<i>Total yards</i>	3300	3000	2650	2300

50 easy

Total yards 3350 3050 2700 2350