

Saturday, August 21, 2021

300 swim – 200 kick – 300 pull

4 x 50	½ length kick - ½ length add arms –	10" rest
	25 build	
	keep same kick speed and tight core	
	throughout	

	Gold	Silver	Bronze	Iron
Swim or pull	5 x 200 @ 3:10	4 x 200 @ 3:30	5 x 150 @ 3:00	3 x 150 20" rest
Smooth	150	150	100	100
25 FAST!	25	25	25	25
25 easy	25	25	25	25
<i>Total meters</i>	2000	1800	1750	1450

	Gold	Silver	Bronze	Iron
Kick – mix strokes	300	250	200	150

	Gold	Silver	Bronze	Iron
Swim or pull	5 x 200 @ 3:10	4 x 200 @ 3:30	4 x 150 @ 3:00	3 x 150 20" rest
Smooth	150	150	100	100
25 FAST!	25	25	25	25
25 easy	25	25	25	25
<i>Total meters</i>	3300	2850	2550	2050

50 easy

<i>Total meters</i>	3350	2900	2600	2100
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