

Saturday, December 8, 2023

300 swim – 200 kick – 300 pull

8 x 25 IM order

5 - 10" rest

		Gold	Silver	Bronze	Iron
Swim	Free – every 4 th 25 fast	400	300	200	200
	Choice of stroke Odds: Smooth Evens: Fast	8 x 25 @ :30	8 x 25 @ :30	8 x 25 @ :35	4 x 25 10" rest
Pull	Free – every 4 th 25 fast	400	300	200	200
	Choice of stroke Odds: Smooth Evens: Fast	8 x 25 @ :30	8 x 25 @ :30	8 x 25 @ :35	4 x 25 10" rest
<i>Total yards</i>		<i>2200</i>	<i>2000</i>	<i>1800</i>	<i>1600</i>

50 easy

	Gold	Silver	Bronze	Iron
Kick 25 moderate / 25 fast	300	250	200	100

		Gold	Silver	Bronze	Iron
Swim	Free – every 4 th 25 fast	400	300	200	200
	Choice of stroke Odds: Smooth Evens: Fast	8 x 25 @ :30	8 x 25 @ :30	8 x 25 @ :35	4 x 25 10" rest
<i>Total yards</i>		<i>3150</i>	<i>2800</i>	<i>2450</i>	<i>2050</i>

50 easy

<i>Total yards</i>	<i>3200</i>	<i>2850</i>	<i>2500</i>	<i>2100</i>
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