

Wednesday, March 13, 2024

300 swim – 200 kick – 300 pull

4 x 50 25 DPS / 25 build free 10" rest

		Gold	Silver	Bronze	Iron
Swim	Focus on turns and streamlines	300	250	200	100
	Descend	4 x 100 @ 1:25	3 x 100 @ 1:40	3 x 100 @ 1:50	3 x 100 @ 15"
	Fast!	50	50	50	50
	Easy	50			
Pull	Focus on form	300	250	200	100
	Descend	4 x 100 @ 1:25	3 x 100 @ 1:40	3 x 100 @ 1:50	3 x 100 @ 20"
	Fast!	50	50	50	50
<i>Total yards</i>		<i>2550</i>	<i>2250</i>	<i>2150</i>	<i>1950</i>

50 easy

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

**4 x 50 As fast as you wanna go @ 1:00 or
Choice of stroke 20" rest**

50 easy

<i>Total yards</i>	<i>3150</i>	<i>2800</i>	<i>2650</i>	<i>2350</i>
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