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
	Total yards	*2550*	*2250*	*2150*	*1950*

50 easy

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

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

50 easy

	Gold	Silver	Bronze	Iron
Total yards	*3150*	*2800*	*2650*	*2350*