



Saturday, December 7, 2022



300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end
(no bombing required)

10" rest

	Gold	Silver	Bronze	Iron
Stroke/free by 25s	500	400	300	200
FAST!	4 x 25	4 x 25	4 x 25	4 x 25
Choice of stroke	@ :30	@ :35	@ :35	15" rest
Pull – Negative split	600	400	400	200
FAST!	4 x 25	4 x 25	4 x 25	4 x 25
Choice of stroke	@ :30	@ :35	@ :35	15" rest
Stroke/free by 25s	500	400	300	200
FAST!	4 x 25	4 x 25	4 x 25	4 x 25
Choice of stroke	@ :30	@ :35	@ :35	15" rest
<i>Total yards</i>	2900	2500	2300	1900

50 easy

	Gold	Silver	Bronze	Iron
Stroke or 25 stroke/25 free	6 x 50 @ :50	4 x 50 @ :55	4 x 50 @ 1:00	2 x 50 15" rest
<i>Total yards</i>	3250	2750	2550	2050

100 easy

<i>Total yards</i>	3350	2850	2650	2150
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