

Saturday, February 19, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 corkscrew / 25 build 10" rest

	Gold	Silver	Bronze	Iron
Swim - negative split	500 @ 6:30	400 @ 6:00	300 @ 5:00	200 30" rest
IM or stroke/free by 25s	4 x 100 @ 1:30	4 x 100 @ 1:45	3 x 100 @ 2:00	3 x 100 20" rest

Pull - negative split	500 @ 6:30	400 @ 6:00	300 @ 5:00	200 30" rest
IM or stroke/free by 25s	4 x 100 @ 1:30	4 x 100 @ 1:45	3 x 100 @ 2:00	3 x 100 20" rest
<i>Total yards</i>	2800	2600	2200	2000

50 easy

	Gold	Silver	Bronze	Iron
Kick – mod/fast by 25s	300	250	250	200

50 easy

<i>Total yards</i>	3200	2950	2550	2300
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