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
Total yards	*2800*	*2600*	*2200*	*2000*

50 easy

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

50 easy

Total yards	*3200*	*2950*	*2550*	*2300*