

Friday, December 1, 2023

300 swim – 200 kick – 300 pull

25 breaststroke drill / 25 build free

4 x 50

Odds: w/ dolphin kick

10" rest

Evens: Alternate whip & dolphin kick

	Gold	Silver	Bronze	Iron
<i>Repeat the series...</i>	4 x	4 x	4 x	3 x
Smooth; then pick up pace on last 50	250 @ 3:20	200 @ 3:10	150 @ 2:40	150 20" rest
Fast Choice of stroke	4 x 25 @ :25-30	4 x 25 @ :30	4 x 25 @ :30-:35	4 x 25 @ :40
<i>Total yards</i>	2400	2200	2000	1750

	Gold	Silver	Bronze	Iron
Kick - 25 mod / 25 fast	300	250	200	150
<i>Total yards</i>	2700	2450	2200	1900

	Gold	Silver	Bronze	Iron
IM or Stroke/free by 25s	5 x 100 @ 1:30-1:40	4 x 100 @ 1:45 -1:55	3 x 100 @ 2:00 - 2:10	2 x 100 20" rest

100 easy

<i>Total yards</i>	3300	2950	2600	2200
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