

Monday, October 6, 2021

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end 10" rest

	Gold	Silver	Bronze	Iron
10 – 15" rest □	1:05 – 1:10	1:15 – 1:20	1:25 – 1:35	1:30 – 1:40
1: 25 fly – 50 free 2: 25 back – 50 free 3: 25 breast – 50 free	6 x 3 x 75	5 x 3 x 75	4 x 3 x 75	3 x 3 x 75
<i>Total yards</i>	2350	2150	1900	1700

50 easy

<i>Pull</i>	Gold	Silver	Bronze	Iron
Smooth, then finish fast	500	400	300	200

<i>Kick</i>	Gold	Silver	Bronze	Iron
50 easy – 25 fast	300	300	300	150

100 easy

<i>Total yards</i>	3300	3000	2650	2200
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