

Saturday, June 22, 2024

300 swim – 200 kick – 300 pull

4 x 50 25 dolphin kick on back / 10" rest
25 build free

	Gold	Silver	Bronze	Iron
Odds: smooth free	9 x 50	8 x 50	7 x 50	5 x 50
Evens: build to fast	@ :50 or	@ :55 or	@ 1:00 or	@ 1:10 or
Last one: fast	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>1450</i>	<i>1400</i>	<i>1350</i>	<i>1250</i>

Odds: smooth free	9 x 50	8 x 50	7 x 50	5 x 50
Evens: breast/free	@ :55 or	@ 1:00 or	@ 1:10 or	@ 1:20 or
Last one: all breast	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>1900</i>	<i>1800</i>	<i>1700</i>	<i>1500</i>

50 easy

	Gold	Silver	Bronze	Iron
Odds: smooth free	9 x 50	8 x 50	7 x 50	5 x 50
Evens: back / free	@ :55 or	@ 1:00 or	@ 1:10 or	@ 1:20 or
Last one: all back	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>2400</i>	<i>2250</i>	<i>2100</i>	<i>1800</i>

Done with stroke? Repeat 1st set in place of this one

Odds: smooth free	9 x 50	8 x 50	7 x 50	5 x 50
Evens: fly free	@ :55 or	@ 1:00 or	@ 1:10 or	@ 1:20 or
Last one: all fly	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>2850</i>	<i>2650</i>	<i>2450</i>	<i>2050</i>

50 easy

<i>Total meters</i>	<i>2900</i>	<i>2700</i>	<i>2500</i>	<i>2100</i>
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