Wednesday, June 26, 2024

300 swim – 200 kick – 300 pull

4 x 50	25 head-up (“Tarzan”) / 25 build free	10” rest

Each set of four:		Gold	Silver	Bronze	Iron
1	25 stroke / 50 free	4 x 4 x 75 @ 1:15 / :15 rest	3 x 4 x 75 @ 1:30 / :15 rest	3 x 4 x 75 @ 1:40 / :15 rest	2 x 4 x 75 :15 rest
2	25 free / 25 stroke / 25 free				
3	50 free / 25 stroke				
4	75 stroke				
	Up to 1 minute break to regroup after each set of 4				
	Total meters	*2200*	*1900*	*1900*	*1600*

50 easy

	Gold	Silver	Bronze	Iron
Use open water sighting “alligator eyes” at least every 12 strokes	400	300	200	200
Total meters	*2650*	*2250*	*2150*	*1850*

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
Each 50 is 25 smooth / 25 fast	8 x 50 :50 - :55 / :15 rest	6 x 50 :55 – 1’ / :15 rest	4 x 50 1’ - 1:05 / :15 rest	4 x 50 15” rest

100 easy

	Gold	Silver	Bronze	Iron
Total meters	*3200*	*2700*	*2500*	*2200*