

Saturday, April 20, 2024

300 swim – 200 kick – 300 pull

4 x 50 25 breaststroke drill / 25 build

Odds: 2 kicks – 1 pull

Evens: 2 pulls – 1 kick

10" rest

	Gold	Silver	Bronze	Iron
Focus on form At least ½ breaststroke	400	400	300	300
Total yards	1400	1400	1300	1300

	Gold	Silver	Bronze	Iron
Swim or pull – smooth and steady	3 x 200 @ 2:45	2 x 200 @ 3:10	2 x 200 @ 3:30	1 x 200 20" rest
Swim or pull Faster pace than 200s	3 x 100 @ 1:25	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 10" rest
			50 easy	
FAST!	4 x 50 @ 1:00	4 x 50 @ 1:00	3 x 50 @ 1:00	2 x 50 30" rest
			50 easy	
Total yards	2600	2400	2250	1900

	Gold	Silver	Bronze	Iron
Kick - 25 mod/25 fast	400	300	200	200

100 easy

Total yards	3100	2800	2550	2200
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Upcoming:

COMSA State Meet

April 26 - 28, 2024 @ CMU / Grand Junction

Entry deadline: **Sunday, April 21** – see www.comsa.org

