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*

Upcoming: COMSA State Meet
April 26 - 28, 2024 @ CMU / Grand Junction
Entry deadline: **Sunday, April 21** – see www.comsa.org