

**Saturday, April 20, 2024**

<b>300 swim – 200 kick – 300 pull</b>
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<b>4 x 50 25 breaststroke drill / 25 build</b> <b>Odds: 2 kicks – 1 pull</b> <b>Evens: 2 pulls – 1 kick</b>	<b>10" rest</b>
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	Gold	Silver	Bronze	Iron
<b>Focus on form</b>				
<b>At least ½ breaststroke</b>	<b>400</b>	<b>400</b>	<b>300</b>	<b>300</b>
<i>Total yards</i>	<i>1400</i>	<i>1400</i>	<i>1300</i>	<i>1300</i>

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

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

<b>100 easy</b>
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<i>Total yards</i>	<i>3100</i>	<i>2800</i>	<i>2550</i>	<i>2200</i>
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**Upcoming:** COMSA State Meet  
 April 26 - 28, 2024 @ CMU / Grand Junction  
 Entry deadline: **Sunday, April 21** – see [www.comsa.org](http://www.comsa.org)

[www.locoswimming.org](http://www.locoswimming.org)

