

Saturday, July 29, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 caterpillar kick / 25 build free	10" rest
Face down dolphin kick w/ arms at sides		

	Gold	Silver	Bronze	Iron
	5 x 250	4 x 250	3 x 250	2 x 250
Each 250 is broken a follows: 25 smooth - 50 swim fast 25 smooth – 50 kick fast 25 smooth – 50 pull fast -- 25 ez	5 – 10" before each 50 20" – 30" after each 250			
<i>Total meters</i>	2250	2000	1750	1400

50 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod / 25 fast	300	250	200	150
<i>Total meters</i>	2600	2300	2000	1600

Choice of stroke	Gold	Silver	Bronze	Iron
1: all smooth 2: build 3: fast 4: fast	16 x 25 :30 / 10" rest	16 x 25 :30 / 10" rest	16 x 25 :35 / 10" rest	12 x 25 :40 / 10" rest
<i>Total meters</i>	2900	2700	2400	1900

50 easy

<i>Total meters</i>	2950	2750	2450	1950
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