

Saturday, January 6, 2024

300 swim – 200 kick – 300 pull

4 x 50	25 backstroke drill / 25 build free Drill = Kiss your shoulder	10" rest
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	Gold	Silver	Bronze	Iron
Half free / half IM Your choice of order e.g. alternate; 2 each	12 x 100	10 x 100	8 x 100	4 x 100
Free	1:25	1:35	1:45	10" rest
IM	1:35	1:45	1:55	10" rest
Total yards	2200	2000	1800	1400

50 easy

	Gold	Silver	Bronze	Iron
Repeat:	4x	3x	2x	2x
Swim or pull	3 x 50	3 x 50	3 x 50	3 x 50
Descend 1 - 3	@ :45	@ :50	@ :55	10" rest
Total yards	2850	2500	2150	1750

50 easy

	Gold	Silver	Bronze	Iron
Continuous	300	300	300	200
Each 100 is: 25 kick – 25 drill – 50 swim	100 fly 100 back 100 breast	100 fly 100 back 100 breast	100 fly 100 back 100 breast	100 back 100 breast

Drill ideas: Single arm w/ off arm up; single arm w/ off arm at side; regular arms w/ flutter kick; regular arms w/ dolphin kick; hands in fists

100 easy

Total yards	3300	2950	2600	2100
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