

Saturday, March 25, 2023

300 swim – 200 kick – 300 pull

8 x 25	IM order	5 -10"rest
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	Gold	Silver	Bronze	Iron
225s broken as follows: Use interval or 10" rest	8 x 225 @ 3:45	6 x 225 @ 4:30	5 x 225 @ 5:00	4 x 225 @ 5:00
<i>50 free</i>	:45	:50	:55	1:00
<i>2 x 25 fast choice</i>	:25	:30	:35	:40
<i>50 free</i>	:45	:50	:55	1:00
<i>2 x 25 fast choice</i>	:25	:30	:35	:40
<i>25 recover</i>	:35	:40	:50	:50
<i>Total yards</i>	<i>2800</i>	<i>2350</i>	<i>2150</i>	<i>1900</i>

	Gold	Silver	Bronze	Iron
Kick 25 mod/25 fast	300	200	200	150

	Gold	Silver	Bronze	Iron
Choice of stroke 1: Ez 2-3: FAST	6 x 25 @ :30	6 x 25 @ :30	6 x 25 @ :35	6 x 25 @ :40
<i>Total yards</i>	<i>3250</i>	<i>2700</i>	<i>2500</i>	<i>2200</i>

50 easy

<i>Total yards</i>	<i>3300</i>	<i>2750</i>	<i>2550</i>	<i>2250</i>
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