

Friday, January 21, 2022

300 swim – 200 kick – 300 pull

4 x 50      25 drill / 25 build      10" rest  
Odds: catch up Evens: fist

	Gold	Silver	Bronze	Iron
<i>As follows....</i>	24 x 100	20 x 100	16 x 100	12 x 100
Long and lovely	4 @ 1:20	3 @ 1:30	2 @ 1:40	2 @ 2:00
<i>Fast!</i>	1	1	1	1
Easy	1	1	1	1
Swim –	4	3	2	
Negative split each	@ 1:20	@ 1:30	@ 1:40	
<i>Fast!</i> <i>Choice of stroke</i>	1	1	1	
Easy	1	1	1	
Pull –	4	3	2	2
Negative split each	@ 1:20	@ 1:30	@ 1:40	@ 2:00
<i>Fast!</i>	1	1	1	1
Easy	1	1	1	1
IM or stroke/free by 25s	4 @ 1:30	3 @ 1:45	2 @ 2:00	2 @ 2:00
<i>Fast!</i> <i>Choice of stroke</i>	1	1	1	1
Easy	1	1	1	1
<i>Total yards</i>	3400	3000	2600	2200