

Saturday, December 14, 2024

300 swim – 200 kick – 300 pull

4 x 50	Build each 50 and descend	10" rest
---------------	----------------------------------	-----------------

	Gold	Silver	Bronze	Iron
IM	6 x 100 @ 1:35	5 x 100 @ 1:50	4 x 100 @ 2:00	3 x 100 20" rest
<i>Total yards</i>	<i>1600</i>	<i>1500</i>	<i>1400</i>	<i>1300</i>

Kick	Gold	Silver	Bronze	Iron
Stroke/free by 50s	6 x 100 @ 2:00	5 x 100 @ 2:00	4 x 100 @ 2:10	3 x 100 10" rest
<i>Total yards</i>	<i>2200</i>	<i>2000</i>	<i>1800</i>	<i>1600</i>

	Gold	Silver	Bronze	Iron
Pull - Catchup on 1st 100	2 x 300 @ 4:00	2 x 250 @ 4:00	2 x 250 @ 4:15	2 x 200 20" rest
<i>Total yards</i>	<i>2800</i>	<i>2500</i>	<i>2300</i>	<i>2000</i>

Choice of stroke	Gold	Silver	Bronze	Iron
Odds: ?	4 x	3 x	3 x	2 x
Evens: fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :30-:35	4 x 25 10" rest
<i>Total yards</i>	<i>3200</i>	<i>2800</i>	<i>2600</i>	<i>2200</i>

100 easy

<i>Total yards</i>	<i>3300</i>	<i>2900</i>	<i>2700</i>	<i>2300</i>
--------------------	-------------	-------------	-------------	-------------