

Saturday, May 14, 2022

300 swim – 200 kick – 300 pull

25 shark fin - 25 build
4 x 50 Shark fin = hold high elbow on each 10" rest
stroke recovery for 3-count

Swim the sequence **2 x**: 1 swim - 2 pull

Use the 50s as active rest – Minimize “standing around” time

	Gold	Silver	Bronze	Iron
Perfect stroke	200	200	150	100
50 ez				
Work turns/pushoffs	200	150	150	100
50 ez				
+2 breathing pattern*	150	100	100	50
50 ez				
FAST!	100	100	50	50
50 ez				
<i>Total yards</i>	<i>2600</i>	<i>2500</i>	<i>2300</i>	<i>2000</i>

	Gold	Silver	Bronze	Iron
Stroke-free-stroke or free-stroke-free	6 x 75	4 x 75	4 x 75	2 x 75
	@ 1:10	@ 1:20	@ 1:30	20" rest
<i>Total yards</i>	<i>3050</i>	<i>2800</i>	<i>2600</i>	<i>2150</i>

100 easy

<i>Total yards</i>	<i>3150</i>	<i>2900</i>	<i>2700</i>	<i>2250</i>
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“+2 breathing pattern” If you normally breath every 2 strokes,
breath every 4