

Wednesday, April 13, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 single arm / 25 build 10" rest
Keep off arm at side

	Gold	Silver	Bronze	Iron
25 stroke / 50 free	8 x 75 @ 1:10	8 x 75 @ 1:20	6 x 75 @ 1:30	4 x 75 15" rest
Total yards	1600	1600	1450	1300

50 easy

	Gold	Silver	Bronze	Iron
	8 x	6 x	6 x	4 x
Easy – smooth - chill	75 @ 1:15	75 @ 1:25	75 @ 1:35	75 @ 20" rest
Fast!	100 @ 1:15	100 @ 1:25	100 @ 1:35	100 @ 5" rest
Total yards	3050	2700	2550	2050

200 easy

Total yards	3250	2900	2750	2250
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