

Saturday, October 5, 2024

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end

10" rest

All kicking!

	Gold	Silver	Bronze	Iron
<i>Repeat the series</i> ☐	3x	3x	2x	1x
Dolphin kick – build each 25	75 15" rest	50 15" rest	50 15" rest	75 15" rest
Breaststroke kick strong effort	50 15" rest	50 15" rest	50 15" rest	50 15" rest
Dolphin kick - Submerge last 10 yards and finish fast	3 x 25 15" rest	2 x 25 15" rest	2 x 25 15" rest	3 x 25 15" rest
<i>Total yards</i>	1600	1450	1300	1200

Swim or pull

	Gold	Silver	Bronze	Iron
Focus on form 1st half; negative split	600	500	400	300

	Gold	Silver	Bronze	Iron
Breaststroke flow: Alt 1 breast pull + 3 big dolphin kicks	2 x 150	2 x 100	2 x 75	2 x 50
<i>Total yards</i>	2500	2150	1850	1600

50 easy

Swim or pull

	Gold	Silver	Bronze	Iron
Fast inside flags – fast turns & push offs	6 x 100	5 x 100	4 x 100	3 x 100

100 easy

Total yards

3250

2800

2400

2050

