

Monday, June 26, 2023

300 swim – 200 kick – 300 pull

4 x 50 25 fist drill / 25 build free

10" rest

		Gold	Silver	Bronze	Iron
1	25 stroke / 50 free	16 x 75 @ 1:15	12 x 75 @ 1:30	12 x 75 @ 1:40	8 x 75 :15 rest
2	25 free / 25 stroke / 25 fr				
3	50 free / 25 stroke				
4	75 stroke				
Up to 1 minute break to regroup after 4th 75					
<i>Total yards</i>		2200	1900	1900	1600

50 easy

		Gold	Silver	Bronze	Iron
Pull – Focus on streamlined push offs		400	300	200	200
<i>Total yards</i>		2650	2250	2150	1850

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
Odds: smooth	8 x 50	6 x 50	4 x 50	4 x 50
Evens: Fast	:50 - :55	:55 – 1'	1' - 1:05	15" rest

100 easy

<i>Total yards</i>	3200	2700	2500	2200
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