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				
	Total yards	*2200*	*1900*	*1900*	*1600*

50 easy

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

50 easy

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

100 easy

Total yards	*3200*	*2700*	*2500*	*2200*