Friday, February 25, 2022

300 swim – 200 kick – 300 pull

4 x 50	**25 scull / 25 build** **Odds: head first Evens: feet first**	**10” rest**

	Gold	Silver	Bronze	Iron
Pull – **Steady effort throughout**	**3 x 300** **@ 4:00**	**3 x 250** **@ 3:45**	**3 x 200** **@ 3:20**	**3 x 150** **20” rest**
Total yards	***1900***	***1750***	***1600***	***1450***

50 easy

	Gold	Silver	Bronze	Iron
Kick	**4 x 100** **15” rest**	**3 x 100** **10” rest**	**3 x 100** **10” rest**	**2 x 100** **10” rest**
Total yards	***2350***	***2100***	***1950***	***1700***

	Gold	Silver	Bronze	Iron
Swim – **Blast the final 50**	**3 x 300** **@ 4:00**	**3 x 250** **@ 3:45**	**3 x 200** **@ 3:20**	**3 x 150** **20” rest**
Total yards	***3250***	***2850***	***2550***	***2150***

50 easy

Total yards	***3300***	***2900***	***2600***	***2200***