

Saturday, January 27, 2024

300 swim – 200 kick – 300 pull

Fly drill / 25 build free		
4 x 50	Drill = Float – Diamond press – Swing – Body dolphin	10" rest

Diamond

	Gold	Silver	Bronze	Iron
Repeat series:	8x	6x	6x	4x
Fast! Free	2 x 50 @ :45	2 x 50 @ :50	2 x 50 @ :55	2 x 50 @ 1:00
Recover	25	25	25	25
<i>Total yards</i>	2000	1750	1750	1500

	Gold	Silver	Bronze	Iron
Kick - Mod/fast by 25s	300	250	200	200

	Gold	Silver	Bronze	Iron
Repeat series:	6x	6x	4x	4x
Fast! Choice stroke	2 x 50 @ :45-55	2 x 50 @ :50-1:00	2 x 50 @ :55- 1:05	2 x 50 @ 1:00-1:15
Recover	25	25	25	25
<i>Total yards</i>	3050	2750	2450	2200

50 easy

<i>Total yards</i>	3100	2800	2600	2350
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