Gold 01/11/2019

100 SKIDS on 3:00 No Fins 500 / 15:00

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8 X 25 on 1:00 Underwater to 15m 700 / 25:00

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6 X 75 on 1:40 IM Order 1150 / 37:00

Odds – 50 (:05 rest) 25 / Evens 25 (:05 rest) 50

#1 50 Fly / 25 Back #2 25 Fly / 50 Back

#3 50 Back / 25 Breast #4 25 Back / 50 Breast

#5 50 Breast / 25 Free #6 25 Breast / 25 Free

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# 25s Choice Swim / 100s Free Swim

# 2 X {4 X 25 on :45 #squadgoals / Finish to Feet 1350 / 45:00

{100 on 3:00 5 Dolphin Kicks off Each Wall 1750 / 51:00

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4 X 50 on 2:00 Choice Broken from Blocks 1950 / 59:00

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4 X {25 on 1:00 Body Position Free Kick 2050 / 65:00

{25 on 1:00 Free Drill 2150 / 69:00

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24 X 25 on :45 Free Swim 3700 / 87:00

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200 on 5:00 Choice 3900 / 94:00