Gold | Wilton Wahoos
Wed Dec 09 '20 - 1:00 pm 25 Yards
Default interval: 2:00 per 100

#Gold sets

0 yds 0 min

WARM-UP SET

0 yds 0 min

5:00 Hockey Pucks Explanation
-hockey puck will be where you will streamline kick to underwater
-It should be a reachable goal.
-you can always change it later to make it easier or more challenging
3x100 on 1:50 Free as 75 swim/25 kick

300 yds 5 min

FOCUS SET(before or after Main Set)

300 yds 5 min

4x (2 rounds Free, 2 rounds choice)
4x25 on :30
as
#1 fingers to puck
#2 hips to puck
#3 feet to puck
#4 as far as you can go pst puck!
:30 rest to move puck if needed

700 yds 15 min

MAIN SET (North and South together)

700 yds 15 min

1x (kick to puck on each wall!)
300 on 5:30 free, all Smooth
200 on 3:30 free, all Hard
100 on 1:30 free, all Fast!

1300 yds 26 min

1x (kick to puck on each wall!)
100 on 1:50 as 25 stroke/25 free, all SMOOTH
75 on 1:20 as 25 stroke/25 free, all MEDIUM
50 on :50 as 25 stroke/25 free, all HARD
25 on :30 stroke, all FAST!

1550 yds 30 min

1x
8x25 on :30
as
2 fast! choice
2 smooth Free
3 fast! choice
1 smooth Free

#Gold totals:
1750 Yards - 34 min - stress: 54