

Monday, July 14, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

Consider non-free for the 25s

	Gold	Silver	Bronze	Iron
Odd: build Even: FAST	4 x 25	4 x 25	4 x 25	2 x 25
	@ :30	@ :35	@ :40	15" rest
Smooth	200	150	100	100
Odd: build Even: FAST	4 x 25	4 x 25	4 x 25	2 x 25
Smooth	200	150	100	100
Odd: build Even: FAST	4 x 25	4 x 25	4 x 25	2 x 25
Smooth	200	150	100	100
Odd: build Even: FAST	4 x 25	4 x 25	4 x 25	2 x 25
<i>Total meters</i>	<i>2000</i>	<i>1850</i>	<i>1700</i>	<i>1500</i>

50 easy

	Gold	Silver	Bronze	Iron
Kick	3 x 100	3 x 100	2 x 100	4 x 50
	15" rest	15" rest	15" rest	15" rest
<i>Total meters</i>	<i>2350</i>	<i>2200</i>	<i>1950</i>	<i>1750</i>

	Gold	Silver	Bronze	Iron
Each 150 is:	5 x 150	4 x 150	4 x 150	3 x 150
100 Free - 50 Non-free	@ 2:30	@ 2:50	@ 3:00	20" rest

100 easy

<i>Total meters</i>	<i>3200</i>	<i>2900</i>	<i>2650</i>	<i>2300</i>
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