

Wednesday, July 2, 2025

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| 300 swim – 200 kick – 300 pull |
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| 4 x 50 | Build w/ 5 hammerhead jumps while at deep end Jump straight up w/ hands on head. Jump high! | 10" rest |
|---------------|--|-----------------|

| <i>Some swim; some pull</i> | Gold | Silver | Bronze | Iron |
|---|-----------------|-----------------|-----------------|--------------------|
| <i>Repeat series:</i> | 6x | 5x | 4x | 3x |
| Each 200 is: 150 smooth / 50 pick up | 200 @ 3:00 | 200 @ 3:30 | 200 @ 4:00 | 200 20" rest |
| Fast (choice of stroke) | 2 x 25 @ :35 | 2 x 25 @ :40 | 2 x 25 @ :45 | 2 x 25 15" rest |
| Easy | 50 | 50 | 50 | 50 |
| <i>Total meters</i> | 2800 | 2500 | 2200 | 1900 |

| <i>Choice of stroke</i> | Gold | Silver | Bronze | Iron |
|-----------------------------|------------------|------------------|-----------------|--------------------|
| Odds: smooth Evens: fast | 12 x 25 @ :35 | 10 x 25 @ :40 | 8 x 25 @ :45 | 8 x 25 10" rest |
| <i>Total meters</i> | 3100 | 2750 | 2400 | 2100 |

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|-----------------|
| 100 easy |
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| <i>Total meters</i> | 3200 | 2850 | 2500 | 2200 |
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