Saturday, November 29, 2025

300 swim – 200 kick – 300 pull

4 x 50 Run the shallow end 10” rest

	Gold	Silver	Bronze	Iron
Focus on form Last 2: Pick up pace	10 x 100 @ 1:35 75 free / 25 non-free	8 x 100 @ 1:45 75 free / 25 non-free	6 x 100 @ 2:00 75 free / 25 non-free	8 x 75 20” rest 50 free / 25 non-free
Total yards	*2000*	*1800*	*1600*	*1600*

100 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod / 25 fast	300	250	200	150
Total yards	*2400*	*2150*	*1900*	*1850*

	Gold	Silver	Bronze	Iron
Non-free: Fast! Free: Smooth	5 x 100 @ 1:40 25 non-free / 75 free	6 x 75 @ 1:20 25 non-free / 50 free	6 x 75 @ 1:30 25 non-free / 50 free	4 x 75 20” rest 25 non-free / 50 free
Total yards	*2900*	*2600*	*2350*	*2150*

100 easy

Total yards	*3000*	*2700*	*2450*	*2250*