

**Wednesday, March 12, 2025**

**300 swim – 200 kick – 300 pull**

**4 x 50    25 ez – 5 pushups – 25 build                      10" rest**

|                                    | Gold                          | Silver                        | Bronze                        | Iron                              |
|------------------------------------|-------------------------------|-------------------------------|-------------------------------|-----------------------------------|
| <b>Swim</b><br><b>Last 50 fast</b> | <b>3 x 150</b><br><b>2:00</b> | <b>3 x 150</b><br><b>2:20</b> | <b>3 x 150</b><br><b>2:30</b> | <b>2 x 150</b><br><b>15" rest</b> |
| <b>Pull</b><br><b>Last 50 fast</b> | <b>3 x 150</b><br><b>2:00</b> | <b>2 x 150</b><br><b>2:20</b> | <b>2 x 150</b><br><b>2:30</b> | <b>1 x 150</b><br><b>15" rest</b> |
| <b>Swim</b><br><b>Last 50 fast</b> | <b>3 x 150</b><br><b>2:00</b> | <b>3 x 150</b><br><b>2:20</b> | <b>2 x 150</b><br><b>2:30</b> | <b>2 x 150</b><br><b>15" rest</b> |
| <i>Total yards</i>                 | <i>2350</i>                   | <i>2200</i>                   | <i>2050</i>                   | <i>1750</i>                       |

**50 easy**

| Kick                                             | Gold        | Silver      | Bronze      | Iron        |
|--------------------------------------------------|-------------|-------------|-------------|-------------|
| <b>25 mod / 25 fast</b><br><b>Switch strokes</b> | <b>300</b>  | <b>300</b>  | <b>200</b>  | <b>200</b>  |
| <i>Total yards</i>                               | <i>2700</i> | <i>2550</i> | <i>2300</i> | <i>2000</i> |

| Choice of stroke                             | Gold                             | Silver                           | Bronze                           | Iron                             |
|----------------------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <b>25 ez / 25 build / 25</b><br><b>FAST!</b> | <b>8 x 75</b><br><b>15" rest</b> | <b>4 x 75</b><br><b>15" rest</b> | <b>4 x 75</b><br><b>15" rest</b> | <b>4 x 75</b><br><b>15" rest</b> |
| <i>Total yards</i>                           | <i>3300</i>                      | <i>2850</i>                      | <i>2600</i>                      | <i>2300</i>                      |

**50 easy**

***Thinking of swimming at the State meet next month?***  
***Practice a couple dives from the blocks***

|                    |             |             |             |             |
|--------------------|-------------|-------------|-------------|-------------|
| <i>Total yards</i> | <i>3350</i> | <i>2900</i> | <i>2650</i> | <i>2350</i> |
|--------------------|-------------|-------------|-------------|-------------|

***Upcoming: April 4 – 6, 2025 - COMSA Championships @ VMAC***