

Wednesday, September 3, 2025

300 swim – 200 kick – 300 pull

4 x 50	Run the shallow end Change direction on each 50	10" rest
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All free	Gold	Silver	Bronze	Iron
Build 1, 2	4 x 25	4 x 25	4 x 25	4 x 25
Make 3, 4 fast	@ :25	@ :30	@ :30	10" rest
Swim free - 25 overkick / 25 smooth	6 x 50 10" rest	4 x 50 10" rest	4 x 50 10" rest	3 x 50 10" rest
Swim – Make last 30 yards (& turn) fast	6 x 100 @ 1:20	5 x 100 @ 1:35	4 x 100 @ 1:45	3 x 100 @ 2:00
<i>Total yards</i>	2000	1800	1700	1550

	Gold	Silver	Bronze	Iron
Pull – Breath 2/3/4/5 by 25s	300	300	200	200
<i>Total yards</i>	2300	2100	1900	1750

Non-Free	Gold	Silver	Bronze	Iron
IM or stroke/free by 25s	6 x 100 @ 1:40	5 x 100 @ 1:50	4 x 100 @ 2:00	2 x 100 15" rest
Choice of stroke - 25 kick / 25 smooth swim	6 x 50 10" rest	4 x 50 10" rest	4 x 50 10" rest	3 x 50 10" rest
Odds: smooth Evens: fast	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40	4 x 25 10" rest
<i>Total yards</i>	3300	2900	2600	2200

50 easy

<i>Total yards</i>	3350	2950	2650	2250
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