

Wednesday, October 15, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

	Gold	Silver	Bronze	Iron
Swim or pull - smooth	6 x 100 @ 1:20	5 x 100 @ 1:35	4 x 100 @ 1:45	2 x 100 @ 2:00
Fast	2 x 100 @ 2:00	2 x 100 @ 2:10	2 x 100 @ 2:20	1 x 100

50 easy

IM w/o free - smooth	6 x 75 @ 1:10	4 x 75 @ 1:20	4 x 75 @ 1:30	3 x 75 @ 1:45
IM w/o free - fast	2 x 75 @ 1:20	2 x 75 @ 1:30	2 x 75 @ 1:45	1 x 75

50 easy

Free – fast last 12 ½	6 x 50 @ :45	6 x 50 @ :55	4 x 50 @ 1:00	4 x 50 @ 1:15
Fast	2 x 50 @ 1:00	2 x 50 @ 1:10	2 x 50 @ 1:15	2 x 50 @ 1:30

50 easy

Fast – choice of stroke	6 x 25 @ :30	6 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :45
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150 easy

Total yards

3250

3000

2700

2300