

Wednesday, January 28, 2026

300 swim – 200 kick – 300 pull

4 x 50	Fist drill / 25 build free	10" rest
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Repeat series:	Gold	Silver	Bronze	Iron
	5x	5x	4x	3x
Fast! (free)	2 x 50 @ :40	2 x 50 @ :45	2 x 50 @ :50	2 x 50 @ 1:00
Recover	100 @ 1:40	100 @ 2:00	100 @ 2:15	100 @ 2:30
<i>Total yards</i>	2000	2000	1800	1600

Kick - Mod/fast by 25s	Gold	Silver	Bronze	Iron
	300	250	200	200

Repeat series:	Gold	Silver	Bronze	Iron
	5x	4x	4x	3x
Fast! Choice of stroke	2 x 50 @ :50	2 x 50 @ :55	2 x 50 @ 1:05	2 x 50 @ 1:10
Recover	100 @ 1:40	100 @ 2:00	100 @ 2:15	100 @ 2:30
<i>Total yards</i>	3300	3050	2800	2400