

Wednesday, January 28, 2026

300 swim – 200 kick – 300 pull

4 x 50

Fist drill / 25 build free

10" rest

	Gold	Silver	Bronze	Iron
Repeat series:	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
Total yards	2000	2000	1800	1600

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

	Gold	Silver	Bronze	Iron
Repeat series:	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
Total yards	3300	3050	2800	2400