

October 7th, 2025

GOLD: ~2200m

Warm Up:

300 CH

4x50 SWIM desc. 1-4 @ 1:00

Pre Set:

8x25 @ :45 [*UW to 12.5 -> 3 strokes fast -> ez to wall*] ***fins opt.***

Main Set:

3 rounds:

2x50 SWIM @ 1:00 [*hold 100m pace*]

1x100 BROKEN @ 3:00 [*4x25 @ 10R; add them together for total 100m time*]

100 EZ @ 2:00

If Time:

8x25 @ :45 [*ODDS: first 15m FAST // EVENS: last 15m FAST*]

Cool Down:

10 minutes EZ swim. Pick a focus and work on it, broken into 50m repeats.

October 7th, 2025

SILVER: ~2100m

Warm Up:

300 CH

4x50 SWIM desc. 1-4 @ 1:05

Pre Set:

6x25 @ :50 [*UW to 10 -> 3 strokes fast -> ez to wall*] ***fins opt.***

Main Set:

3 rounds:

2x50 SWIM @ 1:10 [*hold 100m pace*]

1x100 BROKEN @ 3:10 [*4x25 @ 10R; add them together for total 100m time*]

100 EZ @ 2:10

If Time:

6x25 @ :50 [*ODDS: first 15m FAST // EVENS: last 15m FAST*]

Cool Down:

10 minutes EZ swim. Pick a focus and work on it, broken into 50m repeats.

October 7th, 2025

BRONZE: ~1900m

Warm Up:

200 CH

4x50 SWIM @ 1:00 [*build each 50*]

Pre Set:

4x25 @ 15R [*12.5m head down KK, swim EZ to wall*] ***fins opt.***

Main Set:

3 rounds:

4x50 SWIM @ 1:30 [*80%-90% effort*]

100 EZ @ 2:30

If Time:

4x25 @ 15R [*build to FAST finish*]

Cool Down:

10 minutes EZ swim. Pick a focus and work on it, broken into 50m repeats.