

Thursday, July 17, 2025

300 swim – 200 kick – 300 pull

4 x 50 25 catchup – 25 build 10" rest

	Silver	Bronze	Iron
Pull	200	150	150

Repeat the series (175):		4 x	4 x	3 x
	100 - smooth	1:50	2:00	15" rest
	2 x 25 - fast Choice of stroke	:30	:35	15" rest
	25 easy			
Total yards		1900	1850	1700

	Silver	Bronze	Iron
Pull	200	150	150

Repeat the series (175):		4 x	3 x	2 x
	100 - smooth	1:50	2:00	15" rest
	2 x 25 - fast Choice of stroke	:30	:35	15" rest
	25 easy			
Total yards		2800	2550	2200

100 easy

Total yards	2900	2650	2300
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