

Wednesday, September 17, 2025

300 swim – 200 kick – 300 pull

25 low stroke count (“LSC”) / 25 build
4 x 50 - Aspire to reduce stroke count by 2 10” rest
strokes from #1 to #4

	Gold	Silver	Bronze	Iron
Swim: 25 LSC / 25 smooth	350	300	250	200
Swim - Aspire to descend time while maintaining LSC	6 x 100	5 x 100	4 x 100	3 x 100
	1:25	1:35	1:45	2:00
Total yards	1950	1800	1650	1500

50 easy

	Gold	Silver	Bronze	Iron
Kick -- mod/fast by 25s	300	300	300	150

	Gold	Silver	Bronze	Iron
Pull: 25 LSC / 25 smooth	350	300	250	200
Pull - Aspire to descend time while maintaining LSC	6 x 100	5 x 100	4 x 100	3 x 100
	1:25	1:35	1:45	2:00
Total yards	3250	2950	2650	2250

50 easy

Total yards	3300	3000	2700	2300
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