

Wednesday, March 19, 2025

300 swim – 200 kick – 300 pull

**4 x 50 25 dolphin kick on back
25 build free 5 -10" rest**

		Gold	Silver	Bronze	Iron
1	75 build / 25 fast	3 x 4 x 100 @ 1:25	3 x 4 x 100 @ 1:35	2 x 4 x 100 @ 1:50	2 x 4 x 100 15" rest
2	50 build / 50 fast				
3	25 ez/ 75 fast				
4	100 fast				
<i>Total yards</i>		<i>2200</i>	<i>2200</i>	<i>1800</i>	<i>1800</i>

50 easy

Or replace any 100 with IM

			Gold	Silver	Bronze	Iron
1	25 fly	75 free	3 x 3 x 100 @ 1:35	2 x 3 x 100 @ 1:50	2 x 3 x 100 @ 2:10	1 x 3 x 100 15" rest
2	25 back	75 free				
3	25 brst	75 free				
<i>Total yards</i>			<i>3150</i>	<i>2850</i>	<i>2450</i>	<i>2150</i>

Thinking of swimming at the State meet next month?

Do the 25s from the blocks

Choice of stroke	Gold	Silver	Bronze	Iron
Odds: fast	4 x 25	4 x 25	4 x 25	4 x 25
Evens: easy				

50 easy

<i>Total yards</i>	<i>3300</i>	<i>3000</i>	<i>2600</i>	<i>2300</i>
--------------------	-------------	-------------	-------------	-------------

Upcoming: COMSA State Meet April 4 - 6, 2025

@ VMAC in Thornton

Entry cutoff: March 30, 2025