

Thursday, February 12, 2026

300 swim – 200 kick – 300 pull

8 x 25	IM order	10" rest
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Swim or pull. 10 - 15" rest after each swim

		1	2	3
Repeat the series:		4 x	3 x	3 x
	Perfect stroke	50	50	50
	Breathe 2-3-4-5	100	100	100
	Easy	25	25	25
	Best effort	100	100	50
	Easy	25	25	25
<i>Total yards</i>		2200	1900	1750

		1	2	3
Kick				
Moderate/fast by 25s		250	200	150

		1	2	3
IM w/ no free or				
50 stroke / 25 free		6 x 75 @ 1:20	6 x 75 @ 1:30	4 x 75 @ 2:00

100 easy

<i>Total yards</i>		3000	2650	2300
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