

Saturday, August 1, 2026

300 swim – 200 kick – 300 pull

**4 x 50 Run the shallow end
Change direction of run each 50 10" rest**

	Gold	Silver	Bronze	Iron
Repeat the series ☐	4x	3x	3x	2x
50 smooth free	15" rest			
100 (25 fly-25bk-50 fr)	Pick up pace on 50 free - 15" rest			
50 smooth free	15" rest			
100 (25 bk-25 br-50 fr)	Pick up pace on 50 free - 15" rest			
<i>Total meters</i>	2200	1900	1900	1600

50 easy

	Gold	Silver	Bronze	Iron
Repeat the series ☐	4x	3x	2x	2x
100 smooth free	15" rest	15" rest	15" rest	15" rest
4 x 25 choice stroke - perky	@ :25 /:30	@ :30	@ :30 /:35	@ :40 / 10" rest
<i>Total meters</i>	3050	2550	2350	2050

50 easy

<i>Total meters</i>	3100	2600	2400	2100
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