



Wednesday, December 17, 2025



Repeat the distance for each round (no recursion)

Keep moving! 5 to 10 sec rest

		Gold	Silver	Bronze	Iron
Smooth swim	1x	300	300	200	100
Kick	2x	50	50	50	50
1 ea. Fly – bk – breast	3x	50	50	25	25
IM – omit 1 stroke	4x	75	75	75	75
Build to fast	5x	75	75	50	50
Free - start at mid-pool – fast turn!	6x	50	50	50	25
Choice of stroke	7x	50	50	25	25
Drill of choice	8x	25	25	25	25
Max 3 breaths per 25	9x	25	25	25	25
Pull – low stroke count	10x	50	25	25	25
Non-free - start at mid-pool – fast turn!	11x	25	25	25	25
Odds: streamline / strong underwater dolphin kicks Evens: easy	12x	12½	12½	12½	12½
Total yards		3350	2975	2500	2250