Saturday, October 10, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 breaststroke drill / 25 free build 1, 2: breaststroke arms / flutter kick 3, 4: breaststroke arms / dolphin kick	10” rest

Pull the 2nd half	Gold	Silver	Bronze	Iron
Fast turns / walls	300	200	200	100
Breathe 2/3/4/5 by 25s	300	200	200	100
Fast turns / walls	300	200	200	100
Breathe 2/3/4/5 by 25s	300	200	200	100
Total yards	*2200*	*1800*	*1800*	*1400*

	Gold	Silver	Bronze	Iron
Choice of stroke 1: 50 fast/50 smooth 2: 25 sm/50 fast/25 sm 3: 50 smooth/50 fast	9 x 100 @ 1:20 qto 1:30	9 x 100 @ 1:35 to 1:45	6 x 100 @ 1:40 to 1:50	6 x 100 10” rest
Total yards	*3100*	*2700*	*2400*	*2000*

Breaststroke	Gold	Silver	Bronze	Iron
25 BR arms w/dolphin k 25 whip kick only 25 BR full stroke	2 x 75	2 x 75	2 x 75	2 x 75

50 easy

Total yards	*3300*	*2900*	*2600*	*2200*