

Saturday, December 13, 2025

300 swim – 200 kick – 300 pull

4 x 50	Drill/build by 25s Odds: fist Evens: Catch-up	10" rest
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Swim? Pull?	Gold	Silver	Bronze	Iron
Repeat:	5x	4x	4x	3x
smooth	250 @ 3:20	250 @ 4:00	200 @ 3:20	200 @ 4:20
fast	50 @ 1:00	50 @ 1:00	50 @ 1:00	50 @ 20" rest
Total yards	2500	2200	2000	1750

50 easy

Kick	Gold	Silver	Bronze	Iron
Moderate/fast by 25s	300	250	200	150

Choice of stroke	Gold	Silver	Bronze	Iron
Each set of 4: 1 - build 2,3 – fast 4 - easy	4 x 4 x 25 @ :25	3 x 4 x 25 @ :30	3 x 4 x 25 @ :35	3 x 4 x 25 @ :40
	:30-1:00 rest between each set of 4			
Total yards	3250	2800	2550	2250

50 easy

Total yards	3300	2850	2600	2300
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