

Wednesday, August 20, 2025

300 swim – 200 kick – 300 pull

4 x 50	25 drill / 25 build free	10" rest
	Drill = pause during recovery with floppy wrist, then drive forward	

	Gold	Silver	Bronze	Iron
IM or stroke/free by 25s	3 x 100 @ 1:35	3 x 100 @ 1:45	3 x 100 @ 2:00	2 x 100 20" rest
ez	50	50	50	50
Pull – steady effort	6 x 100 @ 1:20	5 x 100 @ 1:30	4 x 100 @ 1:40	3 x 100 15" rest
ez	50	50	50	50
25 smooth – 50 DPS – 25 fast	3 x 100 @ 1:25	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 15" rest
ez	50	50	50	50
Spicy	6 x 100 @ 1:30	5 x 100 @ 1:40	4 x 100 @ 1:50	3 x 100 15" rest
Total yards	2950	2750	2550	2150

50 easy

	Gold	Silver	Bronze	Iron
Choice of stroke 1 smooth 2-3-4 fast	12 x 25 @ :30	8 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :45

50 easy

Total yards	3350	3050	2750	2350
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