

Wednesday, February 18, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 free w/ underwater recovery / 25 build free	10" rest
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3rd person sendoff (about 10" rest) after each swim

Up to 1 minute after each series

		Gold	Silver	Bronze	Iron
Repeat the series		5 x	5 x	4 x	4 x
Each series is either swim or pull	Smooth	150	100	100	100
	FAST!	50	50	50	50
	EZ	25	25	25	25
	FAST!	50	50	50	50
	EZ	25	25	25	25
	FAST!	50	50	50	
	EZ	50	50	50	
<i>Total yards</i>		3000	2750	2400	2000

	Gold	Silver	Bronze	Iron
Kick – change strokes every 50	300	250	250	200

100 easy

<i>Total yards</i>	3400	3100	2750	2300
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