

Thursday, May 7, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 underwater recovery free / 25 build free <i>Use fins if you want.</i>	10" rest
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		1	2	3
Each 250 is: <ul style="list-style-type: none"> ▪ 75 strong / 25 ez ▪ 75 strong / 25 ez ▪ 50 fast finish 		4 x 250 @ 3:45	3 x 250 @ 4:15	2 x 250 @ 5:00 or 20" rest
		<i>Choice of swim or pull</i>		
<i>Total yards</i>		2000	1750	1500

50 easy

		1	2	3
Kick 25 mod / 25 fast		250	200	150
<i>Total yards</i>		2300	2000	1700

		1	2	3
Each 250 is: <ul style="list-style-type: none"> ▪ 75 strong / 25 ez ▪ 75 strong / 25 ez ▪ 50 fast finish 		3 x 250 @ 3:45	3 x 250 @ 4:15	2 x 250 @ 5:00 or 20" rest
		<i>Choice of swim or pull</i>		

50 easy

<i>Total yards</i>		3100	2800	2250
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