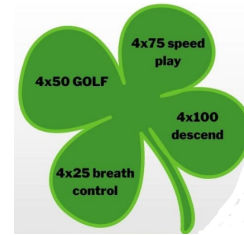




Saturday, March 14, 2026



**300 swim – 200 kick – 300 pull**

**25 modified hand position / 25 build**  
**4 x 50 Odds: "Ok" 10" rest**  
**Evens: "Hang loose" (shaka)**

	Gold	Silver	Bronze	Iron
<b>1 Clover leaf = 600 yds</b>	<b>3x to 4x</b>	<b>2x to 3x</b>	<b>2x to 3x</b>	<b>2x</b>
<i>Total yards</i>	<i>2800-3400</i>	<i>2200 - 2800</i>	<i>2200 - 2800</i>	<i>2200</i>

<b>Leaflet 1 – Breath control</b>	<b>4 x 25 20" rest</b>	<b>Take 1 less breath on each 25 Example: 6 – 5 – 4 – 3 breaths Crazy goal: 4 – 3 – 2 – 1 breaths</b>
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<b>Leaflet 2 – SWOLF</b>	<b>4 x 50 20" rest</b>	<b>Maintain or lower your score on each 50 Score = Time + total strokes</b>
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<b>Leaflet 3 – Speed play</b>	<b>4 x 25 20" rest</b>	<b>1) Fast ½ / ez ½ 2) Fast from flags to flag (15 yds) 3) Fast between walls &amp; flags 4) All fast</b>
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<b>Leaflet 4 – Descend</b>	<b>4 x 50 20" rest</b>	<b>Descend 1-4</b>
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