

Saturday, August 8, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 Double arm backstroke / 25 build free	10" rest
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		Gold	Silver	Bronze	Iron
Repeat the series:		5 x 200	5 x 200	4 x 200	3 x 200
Each 200 is: - 150 smooth stroke / free by 25s - 25 fast non-free - 25 ez		5" rest after each segment 20-30" after each 200			
Total meters		2000	2000	1800	1600

	Gold	Silver	Bronze	Iron
- Kick	300	250	200	200
Total meters	2300	2250	2000	1800

		Gold	Silver	Bronze	Iron
Repeat the series		4 x 150	3 x 150	3 x 150	3 x 150
Each 150 is: - 100 smooth free - 25 free – FAST! - 25 ez		5" rest after each segment 20-30" after each 200			
Total meters		2900	2700	2450	2250

100 easy

Total meters	3000	2800	2550	2350
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