

Thursday, January 29, 2026

300 swim – 200 kick – 300 pull

4 x 50

Fist drill / 25 build free

10" rest

		1	2	3
Repeat series:		5x	4x	3x
Fast! Free		2 x 50 @ :45	2 x 50 @ :50	2 x 50 @ 1:00
Easy		100 @ 2:00	100 @ 2:15	100 @ 2:30
Total yards		2000	1800	1600

		1	2	3
Kick - Mod/fast by 25s		250	200	200

		1	2	3
Repeat series:		4x	4x	3x
Fast! Choice of stroke		2 x 50 @ :55	2 x 50 @ 1:00	2 x 50 @ 1:10
Easy		100 @ 2:00	100 @ 2:15	100 @ 2:30
Total yards		3050	2800	2400