

Wednesday, August 19, 2026

300 swim – 200 kick – 300 pull

12 ½ calm kick (no arms)		
4 x 50	12 ½ calm kick w/ smooth arms	10" rest
	25 fast kick w/ fast arms	

	Gold	Silver	Bronze	Iron
Swim or pull - no break w/in each	5 x 200 @ 2:40	4 x 200 @ 3:00	5 x 150 @ 2:30	4 x 150 20" rest
Smooth	125	125	75	75
FAST!	50	50	50	50
easy	25	25	25	25
<i>Total yards</i>	<i>2000</i>	<i>1800</i>	<i>1750</i>	<i>1600</i>

	Gold	Silver	Bronze	Iron
Kick – last 25 of each 100 is fast	300	300	300	300

	Gold	Silver	Bronze	Iron
IM or Stroke/free by 25s Odds: smooth Evens: Pick up pace	8 x 100 @ 1:30	8 x 100 @ 1:45	6 x 100 @ 2:00	4 x 100 20" rest
<i>Total yards</i>	<i>3100</i>	<i>2900</i>	<i>2650</i>	<i>2300</i>

50 easy

<i>Total yards</i>	<i>3150</i>	<i>2950</i>	<i>2700</i>	<i>2350</i>
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