

Thursday, July 3, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

	Snap		Crackle	Pop
<i>Repeat series:</i>	5 x		5 x	4 x
Free - smooth	100 @ 1:35		100 @ 1:50	100 10" rest
Non-free	50 @ 1:00		50 @ 1:15	50 10" rest
<i>Total meters</i>	1750		1750	1600

50 easy

	Snap		Crackle	Pop
<i>Repeat series:</i>	3x		3x	3x
Smooth	200 @ 3:00		100 @ 1:50	100 15" rest
Odd: build Even: FAST Choice of stroke	4 x 25 @ :30		4 x 25 @ :40	2 x 25 15" rest
<i>Total meters</i>	2700		2400	2050

100 easy

Total meters

2800

2500

2150