



Saturday, August 9, 2025



300 swim – 200 kick – 300 pull

4 x 50 25 Double arm backstroke / 25 build free 10" rest

	Gold	Silver	Bronze	Iron
Each 300 = continuous 4 x 75	4 x 300	3 x 300	3 x 300	2 x 300
Each 75 = 50 smooth / 25 fast	@ 4:30 or 20" rest	@ 5:00 or 20" rest	@ 5:30 or 20" rest	20" rest
Swim or pull				
<i>Total meters</i>	2200	1900	1900	1600

50 easy

	Gold	Silver	Bronze	Iron
Each 150 broken as:	5 x 150	5 x 150	3 x 150	3 x 150
50 smooth free 25 fast choice of stroke 25 ez 25 fast free 25 ez	5" rest after swim Start each 150 on next top/bottom			
<i>Total meters</i>	3000	2700	2400	2100

50 easy

<i>Total meters</i>	3050	2750	2450	2150
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