

Saturday, June 27, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 porpoise shallow end - 5 streamline jumps while in deep water - 25 build free	10" rest
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	Gold	Silver	Bronze	Iron
<i>Repeat series:</i>	6x	5x	4x	3x
Each 200 is (swim or pull): 150 smooth w/ extra dolphin kicks off each wall 50 strong finish	200 @ 3:00 / 20" rest	200 @ 3:30 / 20" rest	200 @ 4:00 / 20" rest	200 @ 4:30 / 20" rest
Fast	2 x 25 @ :30 / 10" rest	2 x 25 @ :35 / 10" rest	2 x 25 @ :40 / 10" rest	2 x 25 @ :45 / 10" rest
Easy	50	50	50	50
<i>Total meters</i>	2800	2500	2200	1900

	Gold	Silver	Bronze	Iron
Choice of stroke Odds: smooth Evans: fast	8 x 25 @ :30 / 10" rest	8 x 25 @ :35 / 10" rest	8 x 25 @ :40 / 10" rest	8 x 25 @ :45 / 10" rest
<i>Total meters</i>	3000	2700	2400	2100

100 easy

<i>Total meters</i>	3100	2800	2500	2200
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