

## Wednesday, May 20, 2026

300 swim – 200 kick – 300 pull

4 x 50    25 catchup free / 25 build free                      10" rest

		Gold	Silver	Bronze	Iron
<b>Swim</b>	Last 25 of each 100 is fast	500 @ 6:30	400 @ 6:00	300 @ 4:45	200 @ 4:15
	2 x 50 – FAST!	@ :50	@ :55	@ 1:00	@ 1:15
<b>Pull</b>	Last 25 of each 100 is fast	400 @ 5:20	300 @ 4:30	300 @ 4:45	200 @ 4:15
	2 x 50 – FAST!	@ :50	@ :55	@ 1:00	@ 1:15
<b>Swim</b>	Last 25 of each 100 is fast	400 @ 5:20	300 @ 4:30	300 @ 4:45	200 @ 4:15
	2 x 50 – FAST!	@ :50	@ :55	@ 1:00	@ 1:15
<i>Total yards</i>		2600	2300	2200	1900

50 easy

		Gold	Silver	Bronze	Iron
<i>Repeat</i> <input type="checkbox"/>		4x	3x	2x	2x
<b>Smooth choice of stroke (yes, free is a choice)</b>		100 @ 1:30	100 @ 1:45	100 @ 2:00	50 @ 1:15
<b>odd: build even: fast!</b>		4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	2 x 25 @ :45

100 easy

<i>Total yards</i>	3550	3050	2750	2250
--------------------	------	------	------	------