

Tuesday, August 11, 2026

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

	Gold	Silver	Bronze	Iron
Repeat the series:	3x	3x	3x	3x
100 IM + 25 free	125			
Free - smooth	150	100	100	50
25 free + 100 reverse IM or 125 free	125			
Pick up the pace - Choice of stroke	3 x 50	2 x 50	1 x 50	1 x 50
<i>Total meters</i>	<i>2650</i>	<i>2350</i>	<i>2200</i>	<i>2050</i>

50 easy

		Gold	Silver	Bronze	Iron
kick	steady effort	100		50	
	fast	4 x 25 15" rest		4 x 25 15" rest	
	<i>Total meters</i>	<i>2900</i>	<i>2600</i>	<i>2400</i>	<i>2250</i>

100 easy

<i>Total meters</i>	<i>3000</i>	<i>2700</i>	<i>2500</i>	<i>2350</i>
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