

Saturday, June 20, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 dolphin kick on back / 25 build free	10" rest
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	Gold	Silver	Bronze	Iron
Odds: smooth free	8 x 50	7 x 50	6 x 50	5 x 50
Evens: 2nd 25 fast	@ :50 or	@ :55 or	@ 1:00 or	@ 1:10 or
Last one: all fast	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>1400</i>	<i>1350</i>	<i>1300</i>	<i>1250</i>

Odds: smooth free	8 x 50	7 x 50	6 x 50	5 x 50
Evens: breast / free	@ :55 or	@ 1:00 or	@ 1:10 or	@ 1:20 or
Last one: all breast	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>1800</i>	<i>1700</i>	<i>1600</i>	<i>1500</i>

	Gold	Silver	Bronze	Iron
Kick	200	200	200	200

	Gold	Silver	Bronze	Iron
Odds: smooth free	8 x 50	7 x 50	6 x 50	5 x 50
Evens: back / free	@ :55 or	@ 1:00 or	@ 1:10 or	@ 1:20 or
Last one: all back	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>2400</i>	<i>2250</i>	<i>2100</i>	<i>1950</i>

Tired of stroke? Repeat 1st set instead of this

Odds: smooth free	8 x 50	7 x 50	6 x 50	5 x 50
Evens: fly / free	@ :55 or	@ 1:00 or	@ 1:10 or	@ 1:20 or
Last one: all fly	10" rest	10" rest	10" rest	10" rest
<i>Total meters</i>	<i>2800</i>	<i>2600</i>	<i>2400</i>	<i>2200</i>

100 easy

<i>Total meters</i>	<i>2900</i>	<i>2700</i>	<i>2500</i>	<i>2300</i>
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