

Wednesday, May 27, 2026

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end 10" rest

	Gold	Silver	Bronze	Iron
Repeat series ☐	4x	4x	4x	3x
Swim or pull - Focus on turns / walls	200 @ 2:45	150 @ 2:15	150 @ 2:30	150 15" rest
Choice of stroke	2 x 50 @ :50	2 x 50 @ :55	2 x 50 @ 1:00	2 x 50 10" rest
Swim or pull - Negative split	150 @ 2:00	150 @ 2:15	100 @ 1:40	100 15" rest
Free - Peppy	2 x 50 @ :50	2 x 50 @ :55	2 x 50 @ 1:00	2 x 50 10" rest

Total yards	3200	3000	2800	2350
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100 easy

Total yards	3300	3100	2700	2450
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Remember!

Friday: Centennial @ 6 am – last day inside

Saturday: Sunset @ 8 am – all Saturdays all summer

Monday: Sunset @ 6 am – then all weekdays in summer