

Wednesday, September 2, 2026

300 swim – 200 kick – 300 pull

4 x 50	Run the shallow end Change direction on each 50	10" rest
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All free	Gold	Silver	Bronze	Iron
Odds: Build	4 x 25	4 x 25	4 x 25	4 x 25
Evens: Fast	@ :25	@ :30	@ :30	10" rest
25 smooth /	6 x 50	4 x 50	4 x 50	3 x 50
25 overkick	10" rest	10" rest	10" rest	10" rest
Last 30 yards fast	6 x 100	5 x 100	4 x 100	3 x 100
	@ 1:25	@ 1:35	@ 1:45	@ 2:00
<i>Total yards</i>	<i>2000</i>	<i>1800</i>	<i>1700</i>	<i>1550</i>

	Gold	Silver	Bronze	Iron
Pull – Breathe 2/3/4/5 by 25s	300	300	200	200
<i>Total yards</i>	<i>2300</i>	<i>2100</i>	<i>1900</i>	<i>1750</i>

Non-free encouraged	Gold	Silver	Bronze	Iron
IM or stroke/free by 25s	6 x 100	5 x 100	4 x 100	3 x 100
	@ 1:40	@ 1:50	@ 2:00	15" rest
25 kick / 25 swim	6 x 50	4 x 50	4 x 50	3 x 50
	10" rest	10" rest	10" rest	10" rest
Odds: smooth	4 x 25	4 x 25	4 x 25	4 x 25
Evens: fast	@ :30	@ :35	@ :40	10" rest
<i>Total yards</i>	<i>3300</i>	<i>2900</i>	<i>2600</i>	<i>2300</i>

50 easy

<i>Total yards</i>	<i>3350</i>	<i>2950</i>	<i>2650</i>	<i>2350</i>
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