

Saturday, January 3, 2026

300 swim – 200 kick – 300 pull

25 dolphin kick / 25 build free		
4 x 50	Odds: on back	10" rest
	Evens: on side	

	Gold	Silver	Bronze	Iron
IM order	20 x 25 @ :30 or 10"	16 x 25 @ :30 or 10"	12 x 25 @ :35 or 10"	12 x 25 @:45 or 10"
Ez	100	100	100	100
Free Descend 1-4	20 x 25 @ :30 or 10"	16 x 25 @ :30 or 10"	16 x 25 @ :30 or 10"	12 x 25 @ :45 or 10"
Ez	100	100	100	100
Odds: favorite stroke Evens: least favorite stroke	20 x 25 @ :30 or 10"	16 x 25 @ :30 or 10"	14 x 25 @ :35 or 10"	8 x 25 @ :45 or 10"
<i>Total yards</i>	2600	2400	2250	2000

100 easy

<i>Total yards</i>	2800	2500	2350	2100
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