

Wednesday, October 22, 2025

300 swim – 200 kick – 300 pull

4 x 50	Porpoise the shallow end	10" rest
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	Gold	Silver	Bronze	Iron
Repeat the sequence, where	N = 3	N = 3	N = 2	N = 2
Then ...	N = 3	N = 2	N = 2	N = 2
Then ...	N = 2	N = 2	N = 2	N = 1

Sequence to be repeated

N x 100	Free (sw or pull)	@ 1:25	@ 1:35	@ 1:45	@ 2:00
N x 75	Fly/bk/br by 25s	@ 1:10	@ 1:20	@ 1:30	@ 2:15
N x 50	Drill / swim by 25s Choice of stroke	10" rest	10" rest	10" rest	10" rest
N x 25	Fast	@ 0:30	@ 0:30	@ 0:35	@ :40

<i>Total yards</i>	3250	2750	2500	2250
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100 easy

<i>Total yards</i>	3350	2850	2600	2350
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Drill ideas:

- Free: catch up, fist, underwater recovery
- Breaststroke: Dolphin kick, uppy-downy, 2 kicks-1 pull
- Backstroke: Single arm, double arm, 3 arm/switch
- Fly: Right-left-both, reverse snow angel