

Saturday, September 5, 2026

300 swim – 200 kick – 300 pull

25 breaststroke kick / 25 free		
4 x 50	<i>Kick on back; lift heels to hands. Allow knees to break surface slightly</i>	10" rest

	Gold	Silver	Bronze	Iron
<i>Repeat the series...</i>	4 x	4 x	4 x	3 x
Steady effort – swim or pull	250 @ 3:45	200 @ 3:30	150 @ 2:45	150 15" rest
Fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40
<i>Total meters</i>	2400	2200	2000	1750

50 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod / 25 fast	300	250	200	150
<i>Total meters</i>	2750	2500	2250	1950

Choice of stroke	Gold	Silver	Bronze	Iron
Kick – drill – swim – sprint by 25s	3 x 100 20" rest	3 x 100 20" rest	3 x 100 20" rest	2 x 100 20" rest

50 easy

<i>Total meters</i>	3100	2850	2600	2200
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