

**Saturday, August 30, 2025**

|                                       |
|---------------------------------------|
| <b>300 swim – 200 kick – 300 pull</b> |
|---------------------------------------|

|               |                                                    |                 |
|---------------|----------------------------------------------------|-----------------|
| <b>4 x 50</b> | <b>25 dolphin kick on back /<br/>25 build free</b> | <b>10" rest</b> |
|---------------|----------------------------------------------------|-----------------|

**“Marathon IM”**

|                                                |               | Gold        | Silver      | Bronze      | Iron        |
|------------------------------------------------|---------------|-------------|-------------|-------------|-------------|
|                                                |               | 4 x 250     | 4 x 200     | 4 x 200     | 4 x 150     |
| <b>4 x this sequence (one of each stroke):</b> |               |             |             |             |             |
| <b>Stroke</b>                                  | <b>Kick</b>   | <b>50</b>   | <b>50</b>   | <b>50</b>   | <b>25</b>   |
|                                                | <b>Smooth</b> | <b>50</b>   | <b>25</b>   | <b>25</b>   | <b>25</b>   |
|                                                | <b>Drill</b>  | <b>50</b>   | <b>50</b>   | <b>50</b>   | <b>25</b>   |
|                                                | <b>Smooth</b> | <b>50</b>   | <b>25</b>   | <b>25</b>   | <b>25</b>   |
|                                                | <b>Fast</b>   | <b>25</b>   | <b>25</b>   | <b>25</b>   | <b>25</b>   |
| <b>Easy free</b>                               |               | <b>25</b>   | <b>25</b>   | <b>25</b>   | <b>25</b>   |
| <i>Total meters</i>                            |               | <i>2000</i> | <i>1800</i> | <i>1800</i> | <i>1600</i> |

|                |
|----------------|
| <b>50 easy</b> |
|----------------|

|                                                                                                   | Gold           | Silver         | Bronze         | Iron           |
|---------------------------------------------------------------------------------------------------|----------------|----------------|----------------|----------------|
| <b>Swim or pull</b>                                                                               | <b>6 x 150</b> | <b>5 x 150</b> | <b>4 x 150</b> | <b>3 x 150</b> |
| <b>Each 150 broken as:<br/>100 smooth [ 5" rest ] 25 fast [ 5" rest ] 25 easy [ 15-30" rest ]</b> |                |                |                |                |
| <i>Total meters</i>                                                                               | <i>2950</i>    | <i>2600</i>    | <i>2450</i>    | <i>2100</i>    |

|                |
|----------------|
| <b>50 easy</b> |
|----------------|

|                     |             |             |             |             |
|---------------------|-------------|-------------|-------------|-------------|
| <i>Total meters</i> | <i>3000</i> | <i>2650</i> | <i>2500</i> | <i>2150</i> |
|---------------------|-------------|-------------|-------------|-------------|