

October 9th, 2025

GOLD: ~2200m

Warm Up:

4x75 @ 1:20 [*25 KK // 25 DRILL // 25 SWIM*]

4x25 desc. 1-4 @ :45

Block 1:

8x50 DR @ 1:05 *pick 1 thing to focus on; fins opt.*

Block 2:

8x50 @ 1:00 *maintain even pace + stroke count*

4x25 @ :45 *build to 80% effort each 25*

Block 3:

10x50 @ 1:00 *desc. to 90% effort in groups of 2*

Cool Down:

10 minutes EZ swim. Pick a focus and work on it, broken into 100m repeats.

October 9th, 2025

SILVER: ~2000m

Warm Up:

4x75 @ 1:30 [*25 KK // 25 DRILL // 25 SWIM*]

4x25 desc. 1-4 @ :50

Block 1:

8x50 DR @ 1:10 *pick 1 thing to focus on; fins opt.*

Block 2:

6x50 @ 1:10 *maintain even pace + stroke count*

4x25 @ :50 *build to 80% effort each 25*

Block 3:

6x50 @ 1:10 *desc. to 90% effort in groups of 2*

Cool Down:

10 minutes EZ swim. Pick a focus and work on it, broken into 100m repeats.

October 9th, 2025

BRONZE: ~1800m

Warm Up:

6x50 @ 1:15 [*ODDS: KK build // EVENS: DR*]

4x25 desc. 1-4 @ 1:00

Block 1:

8x50 DR @ 20R *pick 1 thing to focus on; fins opt.*

Block 2:

8x50 @ 15R *maintain even pace + stroke count*

Block 3:

8x25 @ 15R *desc. to 90% effort in groups of 2*

Cool Down:

10 minutes EZ swim. Pick a focus and work on it, broken into 100m repeats.