

Saturday, October 4, 2025

300 swim – 200 kick – 300 pull

4 x 50

Porpoise the shallow end

10" rest

Pull

	Gold	Silver	Bronze	Iron
Smooth. Pick up pace every 4 th 25 (then reset)	500	400	300	200

Kick

	Gold	Silver	Bronze	Iron
50 moderate – 25 fast	300	300	300	150
<i>Total yards</i>	1800	1700	1600	1350

	Gold	Silver	Bronze	Iron
<i>This interval</i> ☐ <i>or 15" rest</i>	1:10	1:20	1:35	1:40
1: 25 fly – 50 free 2: 25 back – 50 free 3: 25 breast – 50 free	6 x 3 x 75	5 x 3 x 75	4 x 3 x 75	3 x 3 x 75
<i>Total yards</i>	2350	2850	2500	2050

100 easy

<i>Total yards</i>	3250	2950	2600	2150
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