Wednesday, June 25, 2025

300 swim – 200 kick – 300 pull

4 x 50	25 drill / 25 build free *Drill = breaststroke w/ alternating dolphin kick & whip kick*	5 -10” rest

		Gold	Silver	Bronze	Iron
		3 x	3 x	2 x	2 x
1	50 ez / 25 build / 25 fast	4 x 100 @ 1:35	4 x 100 @ 1:45	4 x 100 @ 1:55	4 x 100 :15 rest
2	25 ez / 25 build / 50 fast				
3	25 build / 75 fast				
4	100 fast				
	Total yards	*2200*	*2200*	*1800*	*1800*

50 easy

		Gold	Silver	Bronze	Iron
		2 x	2 x	2 x	1 x
1	25 fly / 75 free	3 x 100 @ 1:40	3 x 100 @ 1:50	3 x 100 @ 2:10	3 x 100 15” rest
2	25 back / 75 free				
3	25 breast / 75 free				
	Total yards	*2850*	*2850*	*2450*	*2150*

50 easy

	Gold	Silver	Bronze	Iron
Choice of stroke Odds: smooth Evens: Fast	8 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40	4 x 25 @ :45

100 easy

	Gold	Silver	Bronze	Iron
Total yards	*3150*	*3050*	*2700*	*2400*