

Wednesday, June 25, 2025

300 swim – 200 kick – 300 pull

| | | |
|---------------|--|------------------------------|
| 4 x 50 | 25 drill / 25 build free <i>Drill = breaststroke w/ alternating dolphin kick & whip kick</i> | 5 -10" rest |
|---------------|--|------------------------------|

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

50 easy

| | | Gold | Silver | Bronze | Iron |
|--------------------|----------------------------|----------------|----------------|----------------|-----------------|
| | | 2 x | 2 x | 2 x | 1 x |
| 1 | 25 fly / 75 free | | | | |
| 2 | 25 back / 75 free | 3 x 100 | 3 x 100 | 3 x 100 | 3 x 100 |
| 3 | 25 breast / 75 free | @ 1:40 | @ 1:50 | @ 2:10 | 15" rest |
| <i>Total yards</i> | | 2850 | 2850 | 2450 | 2150 |

50 easy

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

100 easy

| | | | | | |
|--------------------|--|-------------|-------------|-------------|-------------|
| <i>Total yards</i> | | 3150 | 3050 | 2700 | 2400 |
|--------------------|--|-------------|-------------|-------------|-------------|