Saturday, October 24, 2026

300 swim – 200 kick – 300 pull		
4 x 50	25 scull / 25 build free	10” rest

	Gold	Silver	Bronze	Iron
Continuous	300	300	300	300
Each 100 is: drill/kick/drill/swim by 25s	100 fly 100 back 100 breast	100 fly 100 back 100 breast	100 fly 100 back 100 breast	100 fly 100 back 100 breast

Drill ideas: FLY: single arm; R-L-B; w/ flutter kick
BACK: double arm; single arm; 3 count switch
BREAST: 2k-1p; dolphin kick; alternate dolphin/whip kick

	Gold	Silver	Bronze	Iron
Half free / half IM Your choice of order e.g. alternate; 2 each	12 x 100	10 x 100	8 x 100	4 x 100
Free	1:25	1:35	1:45	15” rest
IM	1:40	1:50	2:00	15” rest
Total yards	*2500*	*2300*	*2100*	*1700*

50 easy

	Gold	Silver	Bronze	Iron
Repeat:	6x	6x	5x	4x
Smooth - free	50 @ :45	50 @ :50	50 @ :55	50 @ 1:00 / 10” rest
Fast – choice of stroke	2 x 25 @ :25	2 x 25 @ :30	2 x 25 @ :30	2 x 25 @ :40

100 easy

	Gold	Silver	Bronze	Iron
Total yards	*3250*	*3000*	*2750*	*2250*