Saturday, July 19, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order 10” rest

	Gold	Silver	Bronze	Iron
Swim	6 x 150 @ 2:45	5 x 150 @ 3:00	4 x 150 @ 3:15	4 x 150 @ 3:30
Each 150 is broken as follows: 75 Smooth - 5” rest - 50 Build to fast – 10” rest – 25 FAST				
Total meters	*1900*	*1750*	*1600*	*1600*

50 easy

	Gold	Silver	Bronze	Iron
Kick	4 x 100 @ 2:30	3 x 100 @ 2:30	3 x 100 @ 2:35	2 x 100 20” rest

	Gold	Silver	Bronze	Iron
Pull	5 x 150 @ 2:45	5 x 150 @ 3:00	4 x 150 @ 3:15	3 x 150 @ 3:30
Each 150 is broken as follows: 75 Smooth - 5” rest - 50 Build to fast – 10” rest – 25 FAST				
Total meters	*3100*	*2850*	*2550*	*2300*

100 easy

Total meters	*3200*	*2950*	*2650*	*2400*