October 25th, 2025

GOLD (4000m)

Warm-up

16x75

- 4x FR @ 1:20
- 4x CH pull @ 1:30
- 4x CH kick @ 1:40
- 4x IM spin [50 DR/25 swim] @ 1:30

Main Set **Focus on swimming long + strong and kicking from the hips**

2 Rounds:

400 pull [100 FR/50 BK/50 CH] @ 8:00

4x100 kk w/ fins [rotate by 25: front/left/right/back] @ 2:00

400 FR [rotate breathing pattern by 25: 3/5/7/3] (or 2/4/6/2 if you can only breathe from one side) @ 7:20

200 EZ @ 2:00

Regroup as a lane before moving to second round

If there is extra time, decide on a warm down as a lane

October 25th, 2025

Silver (3600m)

Warm-up

16x75

4x FR @ 1:30

4x CH pull @ 1:40

4x CH kick @ 1:50

4x IM spin [50 DR/25 swim] @ 1:40

Main Set **Focus on swimming long + strong and kicking from the hips**

2 Rounds:

300 pull [100 FR/50 BK] @ 6:30

3x100 kk w/ fins [rotate by 25: front/left/right/back] @ 2:15

400 FR [rotate breathing pattern by 25: 3/5/5/3] (or 2/4/4/2 if you can only breathe from one side) @ 7:40

200 EZ @ 2:10

Regroup as a lane before moving to second round

If there is extra time, decide on a warm down as a lane

October 25th, 2025

BRONZE (2800)

Warm-up

16x75

- 4x FR @ 15R
- 4x CH pull @ 15R
- 4x CH kick @ 15R (fins opt)
- 4x IM spin [50 DR/25 swim] @ 15R (fins opt)

Main Set **Focus on swimming long + strong and kicking from the hips**

2 Rounds:

200 pull [50 FR/50 BK] @ 20R

4x50 kk w/ fins [1: left ride, 2: right side, 3: front, 4:back] @ 20R

200 FR [breath every 3] (or 2 if you can only breathe from one side) @ 20R

200 EZ @ 20R

Regroup as a lane before moving to second round

If there is extra time, decide on a warm down as a lane