

Wednesday, March 25, 2026

300 swim – 200 kick – 300 pull

4 x 50      25 catchup / 25 build      10" rest  
 Focus on hand acceleration

		Gold	Silver	Bronze	Iron
Swim	Negative split	300	300	250	150
	2 x 50 – FAST!	@ :50	@ :55	@ 1:00	@ 1:10
Pull	Negative split	300	300	250	150
	2 x 50 – FAST!	@ :50	@ :55	@ 1:00	@ 1:10
Swim	Negative split	300	300	250	150
	2 x 50 – FAST!	@ :50	@ :55	@ 1:00	@ 1:10
<i>Total yards</i>		2200	2200	2050	1750

50 easy

	Gold	Silver	Bronze	Iron
Kick	300	250	200	150

	Gold	Silver	Bronze	Iron
<i>Repeat</i> <input type="checkbox"/>	4x	3x	2x	2x
Smooth free	50	50	50	50
Choice of stroke 1: smooth 2-3-4: fast!	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :45

100 easy

<i>Total yards</i>	3250	3050	2650	2350
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