

Wednesday, October 6, 2025

300 swim – 200 kick – 300 pull

4 x 50 Push off each wall w/ big amplitude 10" rest
underwater dolphin kicks. Aim for
½ length. Finish each 50 fast.

Choice of stroke	Gold	Silver	Bronze	Iron
Odds: perfect stroke	16 x 25	16 x 25	14 x 25	10 x 25
Evens: fast	@ :30	@ :30	@ :35	@ :40
<i>Total yards</i>	<i>1400</i>	<i>1400</i>	<i>1350</i>	<i>1250</i>

50 easy

	Gold	Silver	Bronze	Iron
Negative split each swim	4 x 300	4 x 250	4 x 200	3 x 200
Odds: pull	@ 4:10	@ 4:00	@ 3:40	@ 4:20
Evens: swim				
<i>Total yards</i>	<i>2650</i>	<i>2450</i>	<i>2200</i>	<i>1900</i>

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
Odds: perfect stroke	16 x 25	16 x 25	14 x 25	10 x 25
Evens: fast	@ :30	@ :30	@ :35	@ :40
<i>Total yards</i>	<i>3100</i>	<i>2900</i>	<i>2600</i>	<i>2200</i>

50 easy

<i>Total yards</i>	<i>3150</i>	<i>2950</i>	<i>2650</i>	<i>2250</i>
--------------------	-------------	-------------	-------------	-------------