



Friday, May 22, 2026



300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

		Gold	Silver	Bronze	Iron
Free	Repeat <input type="checkbox"/>	3x	3x	3x	2x
	Fast	3 x 25 @ :25	3 x 25 @ :30	3 x 25 @ :35	3 x 25 @ :40
		Easy	50	50	50
	Fast	3 x 25 @ :25	3 x 25 @ :30	3 x 25 @ :35	3 x 25 @ :40
		Easy	100	100	100
	<i>Total yards</i>		1900	1900	1900

		Gold	Silver	Bronze	Iron
Kick	Change up stroke at least every 50	300	300	300	200
	<i>Total yards</i>	2200	2200	2200	1800

		Gold	Silver	Bronze	Iron
Choice of stroke	Repeat <input type="checkbox"/>	3x	2x	1x	1x
	Fast	3 x 25 @ :25	3 x 25 @ :30	3 x 25 @ :35	3 x 25 @ :40
		Easy	50	50	50
	Fast	3 x 25 @ :25	3 x 25 @ :30	3 x 25 @ :35	3 x 25 @ :40
		Easy	100	100	100
	<i>Total yards</i>		3100	2800	2500