

Wednesday, May 6, 2026

300 swim – 200 kick – 300 pull

4 x 50 25 underwater recovery free /
25 build free 10" rest
Use fins if you want.

	Gold	Silver	Bronze	Iron
Each 250 is: ▪ 75 fast/25 smooth ▪ 75 fast/25 smooth ▪ 50 strong finish	4 x 250 @ 3:20	4 x 250 @ 3:45	3 x 250 @ 4:10	3 x 250 @ 5:00 or 20" rest
	<i>Choice of swim or pull</i>			
<i>Total yards</i>	<i>2000</i>	<i>2000</i>	<i>1750</i>	<i>1750</i>

50 easy

	Gold	Silver	Bronze	Iron
Kick 25 mod / 25 fast	300	250	200	150
<i>Total yards</i>	<i>2350</i>	<i>2300</i>	<i>2000</i>	<i>1950</i>

	Gold	Silver	Bronze	Iron
Each 250 is: ▪ 75 fast/25 smooth ▪ 75 fast/25 smooth ▪ 50 strong finish	4 x 250 @ 3:20	3 x 250 @ 3:45	3 x 250 @ 4:10	2 x 250 @ 5:00 or 20" rest
	<i>Choice of swim or pull</i>			

50 easy

<i>Total yards</i>	<i>3400</i>	<i>3100</i>	<i>2800</i>	<i>2500</i>
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