

Tuesday, March 18, 2025

300 swim – 200 kick – 300 pull

8 x 25

IM order

10" rest

Swim or pull. 15 – 20" rest after each swim

		Gold	Silver	Bronze
<i>Repeat the series:</i>		4 x	4 x	3 x
	Perfect stroke	100	50	50
	By 25s: Breathe every 2-3-4-5 strokes	100	100	100
	Best effort	100	100	100
	Easy	50	50	50
<i>Total yards</i>		<i>2400</i>	<i>2200</i>	<i>1900</i>

	Gold	Silver	Bronze
Kick Mod/fast by 25s	300	250	200

	Gold	Silver	Bronze
50 stroke / 25 free	4 x 75 @ 1:20	2 x 75 @ 1:30	2 x 75 @ 1:45

50 easy

<i>Total yards</i>	<i>3050</i>	<i>2650</i>	<i>2300</i>
---------------------------	--------------------	--------------------	--------------------