

Saturday, January 31, 2026

300 swim – 200 kick – 300 pull

25 backstroke kick w/ hands at 4 x 50 sides / 25 build free Focus on shoulder rotation	10" rest
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	Gold	Silver	Bronze	Iron
Smooth free; strong last 25	8 x 125 @ 1:50 100 free / 25 non-free	8 x 100 @ 1:45 75 free / 25 non-free	6 x 100 @ 2:00 75 free / 25 non-free	4 x 100 20" rest 75 free / 25 non-free
<i>Total yards</i>	<i>2000</i>	<i>1800</i>	<i>1600</i>	<i>1400</i>

50 easy

	Gold	Silver	Bronze	Iron
Kick - 25 mod / 25 fast	300	250	200	200
<i>Total yards</i>	<i>2350</i>	<i>2100</i>	<i>1850</i>	<i>1650</i>

	Gold	Silver	Bronze	Iron
Pick up pace last 25 of each swim	4 x 100 @ 1:25	4 x 100 @ 1:35	4 x 75 @ 1:20	4 x 75 20" rest
1 minute break				
Same – slightly higher intensity	4 x 100 @ 1:25	4 x 100 @ 1:35	4 x 75 @ 1:20	4 x 75 20" rest
<i>Total yards</i>	<i>3150</i>	<i>2900</i>	<i>2450</i>	<i>2250</i>

100 easy

<i>Total yards</i>	<i>3250</i>	<i>3000</i>	<i>2550</i>	<i>2350</i>
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