Wednesday, September 16, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 low stroke count ("DPS") / 25 build Aspire to reduce count through set	10" rest

	Gold	Silver	Bronze	Iron
Swim: **25 DPS / 25 smooth**	**350**	**300**	**250**	**200**
Swim ***Odds: Breathe 2/3/4/5 by 25s*** ***Evens: Breathe as much as you want***	**6 x 100 @ 1:25**	**5 x 100 @ 1:35**	**4 x 100 @ 1:45**	**3 x 100 @ 2:00 or 15" rest**
Total yards	***1950***	***1800***	***1650***	***1500***

50 easy

	Gold	Silver	Bronze	Iron
Kick – mod/fast by 25s	**300**	**300**	**300**	**200**

	Gold	Silver	Bronze	Iron
Pull: **25 DPS / 25 smooth**	**350**	**300**	**250**	**200**
Pull ***Odds: Breathe 2/3/4/5 by 25s*** ***Evens: Breathe as much as you want***	**6 x 100 @ 1:25**	**5 x 100 @ 1:35**	**4 x 100 @ 1:45**	**3 x 100 @ 2:00 or 15" rest**
Total yards	***3250***	***2950***	***2650***	***2250***

50 easy

	Gold	Silver	Bronze	Iron
Total yards	***3300***	***3000***	***2700***	***2300***