

Wednesday, July 9, 2025

300 swim – 200 kick – 300 pull

25 people paddle / 25 swim build
 4 x 50 People paddle = free w/ 10" rest
 underwater recovery

	Gold	Silver	Bronze	Iron
Swum as follows v v	7 x 200 20" rest	6 x 200 20" rest	5 x 200 20" rest	4 x 200 20" rest
1:	200 free	200 free	200 free	200 free
2:	100 IM + 100 free	100 IM + 100 free	100 IM + 100 free	100 IM + 100 free
3: swim or pull	200 free	200 free	200 free	200 free
4:	200 IM	200 IM	200 IM	200 IM
5: swim or pull	200 free	200 free	200 free	
6:	100 fr + reverse 100 IM	100 fr + reverse 100 IM		
7: swim or pull	200 free			
Total meters	2400	2200	2000	1800

Choice of stroke	Gold	Silver	Bronze	Iron
50 smooth – open turn -- 25 sprint	8 x 75 @ 1:20	6 x 75 @ 1:30	6 x 75 @ 1:40	6 x 75 @ 1:50
Total meters	3000	2650	2450	2250

100 easy

Total meters	3100	2750	2550	2350
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