

Saturday, September 6, 2025.3

300 swim – 200 kick – 300 pull

4 x 50	25 breaststroke kick / 25 free <i>Kick on back; lift heels to hands</i>	10" rest
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	Gold	Silver	Bronze	Iron
<i>Repeat the series...</i>	4 x	4 x	4 x	3 x
Steady effort – swim or pull	250 @ 3:30	200 @ 3:15	150 @ 2:45	150 @ 3:00
Fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40
<i>Total yards</i>	2400	2200	2000	1750

50 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod / 25 fast	300	250	200	150
<i>Total yards</i>	2750	2500	2250	1950

	Gold	Silver	Bronze	Iron
Choice of stroke 25 Kick – 25 drill – 25 swim – 25 sprint	5 x 100 20" rest	4 x 100 20" rest	3 x 100 20" rest	2 x 100 20" rest

100 easy

<i>Total yards</i>	3350	3000	2650	2250
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