

Wednesday, March 5, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order

5 - 10" rest

	Gold	Silver	Bronze	Iron
100 smooth free + 25 fast non-free	4 x 125 @ 1:50	4 x 125 @ 2:00	4 x 125 @ 2:05	4 x 125 15" rest
Pull 75 smooth + 50 fast	4 x 125 @ 1:45	4 x 125 @ 1:55	2 x 125 @ 2:00	2 x 125 15" rest
100 smooth free + 25 fast non-free	4 x 125 @ 1:50	2 x 125 @ 2:00	2 x 125 @ 2:05	2 x 125 15" rest
Pull 75 smooth + 50 fast	4 x 125 @ 1:45	2 x 125 @ 1:55	2 x 125 @ 2:00	
<i>Total yards</i>	<i>3000</i>	<i>2500</i>	<i>2250</i>	<i>2000</i>

50 easy

	Gold	Silver	Bronze	Iron
kick	4 x 50	4 x 50	4 x 50	3 x 50
	Gold	Silver	Bronze	Iron
Fast choice stroke	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :45
<i>Total yards</i>	<i>3350</i>	<i>2850</i>	<i>2600</i>	<i>2300</i>

50 easy

Total yards *3400* *2900* *2650* *2350*