

Wednesday, April 26, 2026

300 swim – 200 kick – 300 pull

25 breaststroke drill / 25 build free
 4 x 50 Odds: w/ flutter kick 10" rest
 Evens: fist ½ - regular hands ½

Breaststroke	Gold	Silver	Bronze	Iron
25 kick – 25 drill of choice – 25 swim	4 x 75	4 x 75	4 x 75	4 x 75
	10" rest			

	Gold	Silver	Bronze	Iron
Repeat the series:	5x	4x	3x	2x
Perfect form	100 @ 1:30	100 @ 1:45	100 @ 2:00	100 15" rest
Peppy	2 x 25 @ :30	2 x 25 @ :30	2 x 25 @ :35	2 x 25 10" rest
Fast – Get your time <i>Choice of stroke</i>	50	50	50	50
Easy	100	100	100	100
<i>Total yards</i>	2800	2500	2200	1900

	Gold	Silver	Bronze	Iron
Kick – change strokes at least every 50	300	300	250	200
<i>Total yards</i>	3100	2800	2450	2100

100 easy

<i>Total yards</i>	3200	2900	2550	2200
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