


Wednesday, October 28, 2026

300 swim – 200 kick – 300 pull

4 x 50	25 Zombie kick (on back w/ arms in air) – 25 build free *Groaning optional*	10” rest

Gold	Silver	Bronze	Iron
Relays @ 6:50 for these two lanes		Relays @ 6:40 for these two lanes	

	Gold	Silver	Bronze	Iron
Swim - Steady pace	3 x 200 @ 2:45	3 x 200 @ 3:10	3 x 200 @ 3:30	2 x 200 20” rest
Odds: fast Evens: ez	4 x 25 @ :25	4 x 25 @ :30	4 x 25 @ :30	4 x 25 10” rest
Pull – negative split	3 x 200 @ 2:45	3 x 200 @ 3:10	2 x 200 @ 3:30	2 x 200 20” rest
Odds: fast Evens: ez	4 x 25 @ :25	4 x 25 @ :30	4 x 25 @ :30	4 x 25 10” rest
Swim - Steady pace	3 x 200 @ 2:45	2 x 200 @ 3:10	2 x 200 @ 3:30	1 x 200 20” rest
Odds: fast Evens: ez	4 x 25 @ :25	4 x 25 @ :30	4 x 25 @ :30	4 x 25 10” rest
Total yards	*3100*	*2900*	*2700*	*2300*

100 easy

Total yards	*3200*	*3000*	*2800*	*2400*