

**Saturday, April 4, 2026**

<b>300 swim – 200 kick – 300 pull</b>
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<b>4 x 50</b>	<b>25 “People paddle” / 25 build free</b> <i>Free w/ underwater recovery</i>	<b>10” rest</b>
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		Gold	Silver	Bronze	Iron
<b>Repeat the series</b> <input type="checkbox"/>		<b>3x</b>	<b>3x</b>	<b>3x</b>	<b>3x</b>
<b>Free</b>	<b>Smooth</b>	<b>200</b>	<b>150</b>	<b>100</b>	<b>100</b>
	<b>Odds: Smooth</b> <b>Evens: Fast</b>	<b>4 x 25</b> <b>@ :30</b>	<b>4 x 25</b> <b>@ :30</b>	<b>4 x 25</b> <b>@ :35</b>	<b>2 x 25</b> <b>@ :45</b>
<b>Kick</b>		<b>200</b>	<b>200</b>	<b>150</b>	<b>100</b>
<b>Choice of stroke</b>	<b>Smooth</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>
	<b>Odds: Smooth</b> <b>Evens: Fast</b>	<b>4 x 25</b> <b>@ :30</b>	<b>4 x 25</b> <b>@ :35</b>	<b>4 x 25</b> <b>@ :40</b>	<b>2 x 25</b> <b>@ :45</b>
<b>Easy</b>		<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
<i>Total yards</i>		<b>3250</b>	<b>2950</b>	<b>2650</b>	<b>2200</b>