

## Saturday, September 13, 2025

<b>300 swim – 200 kick – 300 pull</b>
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<b>4 x 50</b>	<b>25 breaststroke w/ dolphin kick / 25 build free</b>	<b>10" rest</b>
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	Gold	Silver	Bronze	Iron
<i>Repeat the series</i> <input type="checkbox"/> <i>(same stroke within each series)</i>	<b>4 x</b>	<b>4 x</b>	<b>4 x</b>	<b>3 x</b>
<b>Choice of drill</b>	<b>2 x 25 10" rest</b>			
<b>Swim (your choice of speediness)</b>	<b>2 x 25 15" rest</b>			
<i>Total yards</i>	<b>1400</b>	<b>1400</b>	<b>1400</b>	<b>1300</b>

	Gold	Silver	Bronze	Iron
<b>Kick - 25 mod / 25 fast</b>	<b>300</b>	<b>250</b>	<b>200</b>	<b>200</b>
<i>Total yards</i>	<b>1700</b>	<b>1650</b>	<b>1600</b>	<b>1500</b>

	Gold	Silver	Bronze	Iron
<i>Repeat the series</i> <input type="checkbox"/> <i>(swim or pull)</i>	<b>4 x</b>	<b>4 x</b>	<b>4 x</b>	<b>3 x</b>
<b>Smooth – focus on streamlines</b>	<b>250 @ 3:30</b>	<b>200 @ 3:15</b>	<b>150 @ 2:30</b>	<b>150 20" rest</b>
<b>Speedy</b>	<b>4 x 25 @ :30</b>	<b>4 x 25 @ :30</b>	<b>4 x 25 @ :30/:35</b>	<b>4 x 25 @ :40</b>
<i>Total yards</i>	<b>3100</b>	<b>2850</b>	<b>2600</b>	<b>2250</b>

<b>100 easy</b>
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<i>Total yards</i>	<b>3200</b>	<b>2950</b>	<b>2700</b>	<b>2350</b>
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