

Wednesday, April 29, 2026

300 swim – 200 kick – 300 pull

4 x 50 25 breaststroke drill / 25 build Odds: 2 kicks – 1 pull Evens: 2 pulls – 1 kick	10" rest
---	-----------------

	Gold	Silver	Bronze	Iron
50 breast – 50 free	500	500	400	300
<i>Total yards</i>	<i>1500</i>	<i>1500</i>	<i>400</i>	<i>1300</i>

	Gold	Silver	Bronze	Iron
Pull	3 x 200	2 x 200	2 x 200	1 x 200
	@ 2:45	@ 3:10	@ 3:30	20" rest
Focus on fast turns and streamlines	3 x 100	3 x 100	2 x 100	2 x 100
	@ 1:25	@ 1:35	@ 1:45	10" rest
	50 easy			
FAST!	4 x 50	4 x 50	3 x 50	3 x 50
	@ 1:00	@ 1:00	@ 1:00	30" rest
	50 easy			
<i>Total yards</i>	<i>2700</i>	<i>2500</i>	<i>2250</i>	<i>1950</i>

	Gold	Silver	Bronze	Iron
Kick - 25 mod/25 fast	400	300	200	200

100 easy

<i>Total yards</i>	<i>3200</i>	<i>2900</i>	<i>2550</i>	<i>2250</i>
--------------------	-------------	-------------	-------------	-------------