

Saturday, September 20, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order 10" rest

3rd person sendoff (about 10" rest) Keep moving!

		Gold	Silver	Bronze	Iron
Repeat the series:		4 x	4 x	4 x	4 x
1: swim 2: swim 3: pull 4: pull	Breath 3 / 4 by 25s	150	100	100	100
	Build	2 x 75	2 x 75	2 x 50	2 x 50
	FAST!	50	50	50	25
	EZ	50	50	50	25
<i>Total yards</i>		<i>2600</i>	<i>2400</i>	<i>2200</i>	<i>2000</i>

50 easy

	Gold	Silver	Bronze	Iron
Kick – choice of stroke	300	250	200	150

	Gold	Silver	Bronze	Iron
Stroke or 25 stroke/25 free	4 x 50 @ :50	4 x 50 @ :55	4 x 50 @ 1:00	2 x 50 10" rest

50 easy

<i>Total yards</i>	<i>3200</i>	<i>2950</i>	<i>2700</i>	<i>2350</i>
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