

Saturday, September 27, 2025

300 swim – 200 kick – 300 pull

4 x 50 25 catch up / 25 build	5 - 10" rest
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		Gold	Silver	Bronze	Iron
Repeat:		5x	4x	3x	2x
Swim or pull	Smooth	200 @ 2:50	200 @ 3:10	200 @ 3:30	200 20" rest
	Fast	50 @ 1:00	50 @ 1:00	50 @ 1:00	50 30" rest
Total yards		2250	2000	1750	1500

50 easy

		Gold	Silver	Bronze	Iron
Odd: Smooth		4 x 25	4 x 25	4 x 25	4 x 25
Even: Fast		@ :30	@ :30	@ :35	10" rest
Total yards		2400	2150	1900	1650

	Gold	Silver	Bronze	Iron
100 fast!	Get your time!			

100 easy

		Gold	Silver	Bronze	Iron
Kick-drill-swim by 50s		600	450	450	300
Choice of stroke					
Total yards		3200	2800	2550	2150

50 easy

<i>Total yards</i>	<i>3250</i>	<i>2850</i>	<i>2600</i>	<i>2200</i>
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