

June 23 2026 (4,200 + Bonus)

Warm Up - 550 yds

300 Swim, Scull every 4th 25
250 Pull

Main Set - 3,450 yds

23 X 50 [10 Second Rest Interval] (1,150)

6 X 50 Free

6 X 50 Kick

6 X 50 Swim 25 / 25

2 X Fly / Back

2 X Back / Breast

2 X Breast / Free

5 X 50 Choice Fast

23 x 100 [20 Second Rest Interval] (2,300)

6 X 100 Free Just Make It @ 1:20 / 1:25 / 1:30

6 X 100 Kick @ 1:45 / 2:00 / 2:15

6 X 100 IM Descend 1 - 3 @ 1:50 / 1:55 / 2:00

5 X 100 Choice Fast @ 1:30 / 1:35 / 1:40

Cool Down (200 yds)

200 Freestyle "Perfect Stroke"

Bonus Set Choice (800 yds)

4 X 200: 1x (2 x 200 Pull + 2 x 200 Swim)

8 X 100: 2x (2x 100 Pull + 2 x 100 Swim)