

Friday, October 3, 2025

Long Course Meters

Group 1					Group 2					Group 3		
Warm Up	500	5 X 100	1:50		400	4 X 100	2:15		300	3 X 100	3:30	
	600	200 Kick 200 Drill/Swim 200 Build			500	200 Kick 200 Drill/Swim 100 Build			300	100 Kick 100 Drill/Swim 100 Build		
	200	4 X 50 Kick	1:10		200	4 X 50 Kick	1:15		100	2 X 50 Kick	2:00	
				Send Offs				Send Offs				
Main Set	1500	100 Swim	1:40	0:00	1200	100 Swim	2:10	0:00	800	100 Swim	3:00	
		200 Build	3:20	1:40		200 Build	4:20	2:10		200 Build	6:00	
		300 Swim	5:00	5:00		300 Swim	6:30	6:30		300 Swim	9:00	
		400 Pull	6:40	10:00		400 Pull	8:40	13:00				
		5 X 100	1:40	16:40		3 X 100	2:10	21:40		3 X 100	3:00	
				25:00				26:00				
Cool Down	200	200			200	200			100	100		
3000					2500					1600		