

Monday, September 29, 2025

Short Course Meters

Group 1				Group 2				Group 3			
Warm Up	600	6 X 100 3 - Swim 3 - Kick/Swim	1:50	450	6 X 75 3 - Swim 3 - Kick/Swim	1:50	300	6 X 50 3 - Swim 3 - Kick/Swim	1:50		
	400	4 X 100 Des 1-4	1:45	300	4 X 75 Des 1-4	1:45	200	4 X 50 Des 1-4	1:45		
			1:40			2:10			3:20		
Main Set	1800	300 Moderate Pace	5:00	1350	225 Moderate Pace	5:00	1200	150 Moderate Pace	5:00		
		200 negative split	3:20		150 negative split	3:20		100 negative split	3:20		
		100 FAST	1:40		75 FAST	1:40		50 FAST	1:40		
		Rounds	3 X			3 X			3 X		
Cool Down	200	200		150	150		100	100			
3000				2250				1800			