

Thursday, October 2, 2025

Short Course Meters

Group 1				Group 2				Group 3			
Warm Up	600	6 X 100 3 @ 1:50 3 @ 1:45	450	6 X 75 3 @ 1:50 3 @ 1:45	300	6 X 50 3 @ 1:50 3 @ 1:45					
	300	4 X 75 Kick/Swim/Kick	225	3 X 75 Kick/Swim/Kick	200	4 X 50 Kick/Swim					
	400	400 Build by 100	325	325 Build by 100	200	200 Build by 50					
Main Set	1500	4 X 125 des 1.4	1050	4 X 100 des 1.4	800	4 X 75 des 1.4					
		200 Moderate		150		100					
		8 X 25 Swim Odd: easy swim Even: Fast	:30	6 X 25 Swim Odd: easy swim Even: Fast	:40	4 X 25 Swim Odd: easy swim Even: Fast	1:00				
		200 Moderate		150		100					
		8 X 50 Fast	1:00	6 X 50 Fast	1:20	4 X 50 Fast	2:00				
Cool Down	200	200	150	150	100	100					
	3000		2200		1600						