

Tuesday, September 30, 2025

Short Course Meters

Stroke Day Can Make it "IM" DAY

Group 1				Group 2				Group 3			
Warm Up	400	4 X 100 2-free 2-add stroke	1:50	300	4 X 75 2-free 2-add stroke	1:50	200	4 X 50 2-free 2-add stroke	1:50		
	200	4 X 50 Drill Swim Choice	1:00	150	3 X 50 Drill Swim Choice	1:20	100	4 X 25 Drill Swim Choice	1:00		
	200	4 X 50 Kick Free	1:10	150	3 X 50 Kick Free	1:30	100	4 X 25 Kick Free	1:10		
	100	2 X 50 Free	1:00	100	2 X 50 Free	1:20		2 X 25 Free	1:00		
	200	4 X 50 Kick No Free	1:10	150	3 X 50 Kick No Free	1:30	100	4 X 25 Kick No Free	1:10		
	100	2 X 50 Stroke	1:00	100	2 X 50 Stroke	1:20		2 X 25 Stroke			
Main Set	1200	4 X 50 Stroke or IM	1:00	800	4 X 50 Stroke or IM	1:15	600	4 X 25 Stroke or FR	1:00		
		200 Stroke or IM	3:30		200 ** Stroke or IM	4:00		100 Stroke or FR	3:30		
		3 X			2 X			3 X			
Cool Down	200	200		150	150		100	100			
2600				1900				1200			

:50

1:15

** or 150's

1 0
2 1:00
3 2:00
4 3:00
200 4:00
7:30

1 0
2 1:15
3 2:30
4 3:45
200 5:00
9:00

Can do either the 50's or the 200 Free as an option