

Wednesday, October 1, 2025

Long Course Meters

Group 1				Group 2				Group 3	
Warm Up	1000	5 X 200 1-3 Swim 4-5 K/S/Build	3:30	800	4 X 200 1-3 Swim 4-5 K/S/Build	4:30	600	5 X 100 1-3 Swim 4-5 K/S/Build	3:30
Main Set	2000	500 Pull or Swim	8:00	1600	400 Pull or Swim	8:00	1200	300 Swim	8:00
or 6 @ 1:40		5 X 100 Kick or Kick swim without fins	2:00		4 X 100 Kick or Kick swim without fins	2:30		3 X 100 Kick or Kick swim without fins	3:20
		500 Swim	8:00		400 Swim	8:00		300 Swim	8:00
		5 X 100 des 1-5	1:40		4 X 100 des 1-4	2:05		3 X 100 des 1-3	2:30
Cool Down	200	200		200	200		100	100	
3200				2600				1900	

focus
dps