



Feb 27 | AMPhibious
Fri Feb 27 '26 - 5:30 am 25 Meters
Default interval: 2:20 per 100

[#Masters = IM Based]

[#Triathlon = Distance Free Based]

Warm Up & Drills [27:20]

4x Rounds

1x150 on 3:50 (50m Kick + 50m D1 + 50m D2)

2x50 on 1:30 Swim

Drills by Round

1. D1 - Power Pull Down + D2 - Catch Up

2. D1 - Catch Up + D2 - Long Doggy Paddle

3. D1 - Long Doggy Paddle + D2 Two Tap Slide

4. D1 - Two Tap Slide + D2 Single Arm Triple Slide Tap & Drive

Speed & Power [32:00]

3x Rounds **#Masters**

8x25 on :35 (2x100 IMO)

4x75 on 1:30 Free Fingies [Max 10 Power Pull Down to Finish]

3x Rounds **#Triathlon [14 Max Power Pull Down to Finish]**

250 on 4:40 P-Nut Only

2x75 on 1:30 P-Nut Drop [25]

2x50 on 1:30 No Toy