

A WORKOUT

Warm-Up: 2 x 400 SKIP

Pre-Set (400)

6-minute or 400 kick

Main Set (600)

10 x 25's (w/ fins) on 1:15
- Thunders thighs at the wall for 15s, then turn & swim (build) 25

350 pull

Endless Relay

Cooldown: 200 choice

2000 SCY (excluding Relay)

B WORKOUT

Warm-Up: 2 x 300 SKP

Pre-Set (300)

6-minute or 300 kick

Main Set (500)

10 x 25's (w/ fins) on 1:15
- Thunders thighs at the wall for 15s, then turn & swim (build) 25

250 pull

Endless Relay

Cooldown: 200 choice

1600 SCY (excluding Relay)

A WORKOUT

Warm-Up: 600 choice

Pre-Set (900)

10 x 25's under water (w/ fins) on 50s
- Alternating FL & FR kick

50 easy

4 x 125's IM (w/ fins) on 1:45
- 1st 125: 50 FL, 2nd 125: 50 BK, 3rd
125: 50 BR, etc.

100 easy

Main Set (400)

6 Fox & the Hound 50's on 2:30
- With a partner, 1 person starts a 50
FR (ALL-OUT) with no equipment
and the other person (w/ fins) starts
the 50 5s after with the goal of
catching up to the 1st person
- Swap roles after 4 50's

100 easy

Endless Relay

Cooldown: 200 choice

2100 SCY (excluding Relay)

B WORKOUT

Warm-Up: 400 choice

Pre-Set (750)

6 x 25's under water (w/ fins) on 50s
- Alternating FL & FR kick

50 easy

4 x 125's IM (w/ fins) on 2:45
- 1st 125: 50 FL, 2nd 125: 50 BK, 3rd
125: 50 BR, etc.

50 easy

Main Set (400)

6 Fox & the Hound 50's on 2:30
- With a partner, 1 person starts a 50
FR (ALL-OUT) with no equipment
and the other person (w/ fins) starts
the 50 5s after with the goal of
catching up to the 1st person
- Swap roles after 4 50's

100 easy

Endless Relay

Cooldown: 200 choice

1750 SCY (excluding Relay)

A WORKOUT

Warm-Up: 500 choice

Pre-Set: 6-minute vertical kick (40s FL or FR kick | 20 rest)

Main Set (1400)

For this set:

- *Rounds 1 – 4, 50's are as follows: FAST to ½ way, turn & EASY back to wall, turn, then 25 FAST; Rounds 5-8, 50's as follows: EASY to ½ way, turn & BUILD back to wall, turn, then 25 FAST (fins optional)*
- *Alternating stroke & FR each 50 (start each round w/ stroke)*
- *Next 50 starts 25s after the last person touches the wall*
- *60s rest after each round*

Round 1 – 1 x 50

Round 2 – 2 x 50's

Round 3 – 3 x 50's

Round 4 – 4 x 50's

Round 5 – 4 x 50's

Round 6 – 3 x 50's

Round 7 – 2 x 50's

Round 8 – 1 x 50

4 x 100's pull w/ 20s rest

2 x 50's stroke (FOR TIME) on 3:00

Cooldown: 200 choice

2200 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set: 6-minute vertical kick (40s FL or FR kick | 20 rest)

Main Set (1200)

For this set:

- *Rounds 1 – 4, 50's are as follows: FAST to ½ way, turn & EASY back to wall, turn, then 25 FAST; Rounds 5 – 8, 50's as follows: EASY to ½ way, turn & BUILD back to wall, turn, then 25 FAST (fins optional)*
- *Alternating stroke & FR each 50 (start each round w/ stroke)*
- *Next 50 starts 25s after the last person touches the wall*
- *60s rest after each round*

Round 1 – 1 x 50

Round 2 – 2 x 50's

Round 3 – 3 x 50's

Round 4 – 4 x 50's

Round 5 – 4 x 50's

Round 6 – 3 x 50's

Round 7 – 2 x 50's

Round 8 – 1 x 50

4 x 50's pull w/ 20s rest

2 x 25's stroke (FOR TIME) on 3:00

Cooldown: 200 choice

2100 SCY

A WORKOUT

Warm-Up (1000)

2 x 400 SKIP

8 x 25's FR on 25s

Main Set (1800)

4 rounds of [8 x 50's FR] w/ 60s rest between rounds

- Round 1: 70% effort on 55s
- Round 2: 80% effort on 60s
- Round 3: 90% effort on 1:05
- Round 4: best avg on 1:10

200 pull

Cooldown Set (500)

2 x {
4 x 25's scull on 50s
100 social kick on 2:00
50 double-arm BK on 60s

2300 SCY

B WORKOUT

Warm-Up (750)

2 x 300 SKP

6 x 25's FR on 35s

Main Set (1100)

4 rounds of [5 x 50's FR] w/ 60s rest between rounds

- Round 1: 70% effort on 1:15
- Round 2: 80% effort on 1:20
- Round 3: 90% effort on 1:25
- Round 4: best avg on 1:30

100 pull

Cooldown Set (250)

4 x 25's scull on 50s
100 social kick on 2:00
50 double-arm BK on 60s

2100 SCY

A WORKOUT

Warm-Up (700)

300 swim
100 kick
6 x 50's pull on 50s

Pre-Set (900)

10 x 25's FL kick (w/ fins) on 25s

18 x 25's FL drill
#1-6: scull (w/ snorkel)
#7-12: 3 sculls / 1 stroke
#13-18: skate (w/ fins)

8 x 25's FL perfect technique

Main Set (500)

3 x 100's (fins optional) on 1:40
- 75 FL | 25 FR easy

Broken 200 FL (STRONG)
- 20s rest after each 50

Cooldown: 200 choice

2300 SCY

B WORKOUT

Warm-Up (500)

200 swim
100 kick
4 x 50's pull on 60s

Pre-Set (850)

8 x 25's FL kick (w/ fins) on 35s

18 x 25's FL drill
#1-6: scull (w/ snorkel)
#7-12: 3 sculls / 1 stroke
#13-18: skate (w/ fins)

8 x 25's FL perfect technique

Main Set (400)

4 x 75's (fins optional) on 1:40
- 50 FL | 25 FR easy

Broken 100 FL (STRONG)
- 20s rest after each 25

Cooldown: 150 choice

1900 SCY

A WORKOUT

Warm-Up (700)

300 swim
100 kick
6 x 50's pull on 50s

Pre-Set (900)

10 x 25's FL kick (w/ fins) on 25s

18 x 25's FL drill
#1-6: scull (w/ snorkel)
#7-12: 3 sculls / 1 stroke
#13-18: skate (w/ fins)

8 x 25's FL perfect technique

Main Set (500)

3 x 100's (fins optional) on 1:40
- 75 FL | 25 FR easy

Broken 200 FL (STRONG)
- 20s rest after each 50

Cooldown: 200 choice

2300 SCY

B WORKOUT

Warm-Up (500)

200 swim
100 kick
4 x 50's pull on 60s

Pre-Set (850)

8 x 25's FL kick (w/ fins) on 35s

18 x 25's FL drill
#1-6: scull (w/ snorkel)
#7-12: 3 sculls / 1 stroke
#13-18: skate (w/ fins)

8 x 25's FL perfect technique

Main Set (400)

4 x 75's (fins optional) on 1:40
- 50 FL | 25 FR easy

Broken 100 FL (STRONG)
- 20s rest after each 25

Cooldown: 150 choice

1900 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (1150)

10 x 50's (w/ fins) on 2:00

- 20s thunder thighs at wall, then 50 BK w/ 3 kicks off each wall & best technique

200 easy

18 x 25's BK drill on 50s

#1-6: 6-kick scull switch

#7-12: 6-kick scull switch + flagpole

#13-18: exaggerated rotation

Main Set (100)

100 BK FOR TIME

Cooldown: 250 choice

2300 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (1050)

10 x 50's (w/ fins) on 2:00

- 20s thunder thighs at wall, then 50 BK w/ 3 kicks off each wall & best technique

100 easy

18 x 25's BK drill on 50s

#1-6: 6-kick scull switch

#7-12: 6-kick scull switch + flagpole

#13-18: exaggerated rotation

Main Set (100)

100 BK FOR TIME

Cooldown: 150 choice

1900 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (900)

12 x 25's choice variables on 45s

- Fast | easy, easy | fast, & build | fast

8 x 50's FR (w/ fins) on 1:15

- 12.5 fast, flip, 12.5 easy back to the wall, 25 fast

200 pull

Main Set (550)

6 x "25's" FR from the flags

- Vertical kick @ the flags, then fast to wall, flip, then ascend the 25

100 FR FOR TIME

200 pull

200 medley relay

200 FR relay (w/ fins)

Cooldown: 150 choice

2400 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (700)

12 x 25's choice variables on 45s

- Fast | easy, easy | fast, & build | fast

6 x 50's FR (w/ fins) on 1:40

- 12.5 fast, flip, 12.5 easy back to the wall, 25 fast

100 pull

Main Set (400)

6 x "25's" FR from the flags

- Vertical kick @ the flags, then fast to wall, flip, then ascend the 25

50 FR FOR TIME

100 pull

200 medley relay

200 FR relay (w/ fins)

Cooldown: 100 choice

1800 SCY

A WORKOUT

Warm-Up: 600 choice

Pre-Set (1100)

2 x [9 x 50's variables on 1:10]

- Easy | build, build | easy, build | sprint by 25
- Round 1 FR, round 2 non-FR

200 pull

Main Set (700)

All FR FAST:

2 x {
100 on 1:15
50 on 40s
2 x 25's on 20s
30s rest

200 pull

2 x 200 FR relays (1 w/ fins, 1 w/out)

Cooldown: 100 choice

2400 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (800)

2 x [6 x 50's variables]

- Easy | build, build | easy, build | sprint by 25
- Round 1 FR on 1:30, round 2 non-FR on 1:45

100 pull

Main Set (600)

All FR FAST:

2 x {
50 on 1:15
4 x 25's on 30s
30s rest

100 pull

2 x 200 FR relays (1 w/ fins, 1 w/out)

Cooldown: 100 choice

1700 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (800)

8-minute vertical kick (45s kick | 15s rest)

16 x 50's pull (w/ paddles) DPS on 50s

- 8 breathing every 3 | 6
breathing every 5 | 2
breathing every 7

Main Set (600)

For this set:

Everything is ALL-OUT and no extra rest between distances

4 x 25's FR on 60s

4 x 50's FR on 2:00

4 x 75's FR on 4:00

Cooldown: 200 choice

2400 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (500)

8-minute vertical kick (45s kick | 15s rest)

10 x 50's pull (w/ paddles) DPS on 1:15

- 6 breathing every 3 | 2
breathing every 5 | 2
breathing every 7

Main Set (400)

For this set:

Everything is ALL-OUT and no extra rest between distances

4 x 25's FR on 60s

4 x 50's FR on 2:00

4 x 25's FR on 60s

Cooldown: 200 choice

1700 SCY

A WORKOUT

Warm-Up (900)

300 swim

3 x 100's pull w/ 20s rest

6 x 50's kick w/ 15s rest

Pre-Set (900)

8 x 75's FR w/ 25s rest

- 25 drill | 25 DPS | 25 build

12 x 25's (w/ fins) on 45s

- Odds underwater, evens scull

Main Set (400)

8 Fox & the Hound 50's on 1:30

- With a partner, 1 person starts a 50 FR (ALL-OUT) with no equipment and the other person (w/ fins) starts the 50 5s after with the goal of catching up to the 1st person
- Swap roles after 4 50's

Cooldown: 200 choice

2400 SCY

B WORKOUT

Warm-Up (600)

200 swim

2 x 100's pull w/ 20s rest

4 x 50's kick w/ 15s rest

Pre-Set (700)

6 x 75's FR w/ 25s rest

- 25 drill | 25 DPS | 25 build

10 x 25's (w/ fins) on 45s

- Odds underwater, evens scull

Main Set (400)

8 Fox & the Hound 50's on 1:30

- With a partner, 1 person starts a 50 FR (ALL-OUT) with no equipment and the other person (w/ fins) starts the 50 5s after with the goal of catching up to the 1st person
- Swap roles after 4 50's

Cooldown: 200 choice

1900 SCY

A WORKOUT

Warm-Up: 500 SKIPS

Pre-Set (600)

6 x 100's pull (w/ paddles) DPS
on 1:45

Main Set (1100)

IM order (w/ fins) by round:

4 x $\left\{ \begin{array}{l} 4 \text{ x } 50\text{'s (scull | drill by} \\ 25) \text{ on } 1:10 \\ 2 \text{ x } 25\text{'s swim DPS on } 45\text{s} \\ 2:00 \text{ rest} \end{array} \right.$

2 x 50's FOR TIME
- 1 FR | 1 non-FR

Cool-Down: 200 choice

2400 SCY

B WORKOUT

Warm-Up: 500 SKIPS

Pre-Set (450)

6 x 75's pull (w/ paddles) DPS
on 1:45

Main Set (700)

IM order by round:

4 x $\left\{ \begin{array}{l} 2 \text{ x } 50\text{'s drill w/ } 25\text{s rest} \\ 2 \text{ x } 25\text{'s swim DPS w/} \\ 20\text{s rest} \\ 2:00 \text{ rest} \end{array} \right.$

2 x 50's FOR TIME
- 1 FR | 1 non-FR

Cool-Down: 150 choice

1800 SCY

A WORKOUT

Warm-Up (600)

- 300 swim
- 200 kick
- 4 x 25's best-stroke
 - Build each 25

Main Set (1600)

2 choices:

- *Odd rounds FR, even rounds best stroke*
- *IM: 1 round of each stroke*

- 4 x {
- 4 x 25's swim (smooth) on 45s
 - 3 x 50's @ 200 pace on 60s
 - 2 x 25's @ 100 pace on 30s
 - 100 easy

Cool-Down: 200 choice

2400 SCY

B WORKOUT

Warm-Up (600)

- 300 swim
- 200 kick
- 4 x 25's best--stroke
 - Build each 25

Main Set (1000)

2 choices:

- *Odd rounds FR, even rounds best stroke*
- *IM: 1 round of each stroke*

- 4 x {
- 2 x 25's swim (smooth) on 55s
 - 2 x 50's @ 200 pace on 1:20
 - 2 x 25's @ 100 pace on 45s
 - 50 easy

Cool-Down: 200 choice

1800 SCY

A & B WORKOUT

Warm-Up: 1000 SKIPS

Pre-Set (500)

8 x 25's underwater (w/ fins) on 45s

8 x 25's choice (ascending 1-8) on 45s

100 easy

Main Set (700)

4 Fox & the Hound 50's on 2:00

- With a partner, 1 person starts a 50 FR (ALL-OUT) with no equipment and the other person (w/ fins) starts the 50 5s after with the goal of catching up to the 1st person
- Swap roles after 2 50's

100 easy

Endless Relay

200 FR relay

200 medley relay

Cooldown: 300 choice

2500 SCY (excluding Endless Relay)

A WORKOUT

Warm-Up: 400 choice

Pre-Set (1000)

10 x 50's kick (w/ fins) on
60s

10 x 50's pull (w/ paddles)
on 50s

- Breathing every 3

Main Set (900)

3 rounds of [6 x 50's (FOR
TIME) on 3:00]

- 1 round FR | 1 non-FR |
1 choice w/ fins

Cooldown: 200 choice

2500 SCY

B WORKOUT

Warm-Up: 300 choice

Pre-Set (600)

6 x 50's kick (w/ fins) on
1:30

6 x 50's pull (w/ paddles)
on 1:20

- Breathing every 3

Main Set

3 rounds of [6 x 50's (FOR
TIME) on 3:00]

- 1 round FR | 1 non-FR |
1 choice w/ fins

Cooldown: 200 choice

2000 SCY

A & B WORKOUT

Warm-Up (1200)

600 choice

8 x 75's pull on 1:15

Pre-Set (900)

6 x 25's FL scull (w/ snorkel)

6 x 50's FL drill (25 3 sculls \ 1 stroke | 25 skate)

6 x 25's BK scull

6 x 50's BK drill (25 6-kick scull switch | 25 toy soldier)

100 easy

Main Set (400)

8 x 25's from the middle

- Working on FL to BK turn

Cooldown: 100 choice

2500 SCY

A WORKOUT

Warm-Up (1000)

400 FR
300 IM (kick | drill | swim) by 25
200 kick
100 scull

Pre-Set (900)

6 x 50's pull on 60s
- Breathing every 3 & 5 by 25

6 x 50's on 60s
- 25 easy | 25 fast

6 x 50's swim choice
- 25 fast | 25 easy

Main Set (400)

8 Broken 50's on 3:00
- 25 ALL-OUT | 10s rest | 25
ALL-OUT

Cooldown: 200 choice

2500 SCY

B WORKOUT

Warm-Up (650)

300 FR
200 IM (drill | swim) by 25
100 kick
50 scull

Pre-Set (600)

4 x 50's pull on 60s
- Breathing every 3 & 5 by 25

4 x 50's on 60s
- 25 easy | 25 fast

4 x 50's swim choice on 1:10
- 25 fast | 25 easy

Main Set (400)

8 Broken 50's on 3:00
- 25 ALL-OUT | 10s rest | 25
ALL-OUT

Cooldown: 150 choice

1800 SCY

A & B WORKOUT

Warm-Up (1000)

400 choice

12 x 50's pull (no paddles) on 1:10

- Breathing every 3 & 5 by 25

Pre-Set (900)

6 x 50's BK (w/ fins) on 1:10

- 25 kick | 25 4-kick switch

6 x 25's BK "perfect" technique on 40s

6 x 50's BR w/ pull buoy on 1:20

- 25 kick | 25 swim

6 x 25's BR "perfect" technique on 45s

Main Set (400)

2 Broken 200's (1 BK & 1 BR)

- Focusing on strong & smooth stroke
- 20s rest after each 50 of the 200
- 2:00 rest after each 200

Cooldown: 200 choice

2500 SCY

A WORKOUT

Warm-Up (1300)

300 FR

200 IM (drill | swim) by 25

100 best-stroke (drill | swim) by 25

6 x 50's kick w/ 15s rest

8 x 50's build w/ 20s rest

- 4 IM order | 4 FR

Main Set (1000)

12 x 25's FR (FAST)

- Interval starts at 1:10 and decreases by 5s each 25 until you can't make it; hold last interval successfully completed
- Fins optional

200 pull

12 x 25's non-FR (FAST)

- Interval starts at 1:15 and decreases by 5s each 25 until you can't make it; hold last interval successfully completed
- Fins optional

200 pull

Endless Relay

Cooldown: 200 choice

2500 SCY (excluding Endless Relay)

B WORKOUT

Warm-Up (900)

200 FR

200 IM (drill | swim) by 25

100 best-stroke (drill | swim) by 25

4 x 50's kick w/ 15s rest

4 x 50's build w/ 20s rest

- 2 non-FR | 2 FR

Main Set (700)

10 x 25's FR (FAST)

- Interval starts at 1:20 and decreases by 5s each 25 until you can't make it; hold last interval successfully completed
- Fins optional

100 pull

10 x 25's non-FR (FAST)

- Interval starts at 1:25 and decreases by 5s each 25 until you can't make it; hold last interval successfully completed
- Fins optional

100 pull

Endless Relay

Cooldown: 200 choice

1800 SCY (excluding Endless Relay)

A WORKOUT

Warm-Up: 100 FR FOR TIME

Pre-Set (600)

300 pull

300 kick

Main Set (1700)

8 x 75's goal kick (no fins) on 1:20
- Goal time is 100 FR avg from
the 10 x 100's swim of the 30
x 100's set (i.e., if you avg'd
1:05, that's your goal time)

300 pull

8 x 75's FR (w/ fins) best average
on 1:10

100 easy

100 FR (w/ fins) FOR TIME

Cooldown: 200 choice

2600 SCY

B WORKOUT

Warm-Up: 50 FR FOR TIME

Pre-Set (300)

150 pull

150 kick

Main Set (1500)

8 x 50's goal kick (no fins) on 1:40
- Goal time is 75 FR avg from
the 10 x 75's swim of the 30 x
75's set (i.e., if you avg'd
1:05, that's your goal time)

200 pull

8 x 50's FR (w/ fins) best average
on 1:25

50 easy

50 FR (w/ fins) FOR TIME

Cooldown: 150 choice

2000 SCY

A WORKOUT

Warm-Up: 600 choice

Pre-Set (1300)

5 x 100's FR pull (3rd 25 is BR) on
2:00

100 BK

12 x 50's (w/ fins) on 1:20
- 25 BR w/ flutter kick &
minimum 10 strokes (FAST
stroke-rate) | 25 BK kick

100 BK

Main Set (550)

2 x 200's BR pace (100 2-count glide
| 50 1-count glide | 50 0.5-count
glide) w/ 1:30 rest

50 BK

2 x 50's BR FOR TIME

Cooldown: 150 choice

2600 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (1000)

4 x 75's FR pull (3rd 25 is BR) on
2:00

50 BK

12 x 50's (w/ fins) on 1:20
- 25 BR w/ flutter kick &
minimum 10 strokes (FAST
stroke-rate) | 25 BK kick

50 BK

Main Set (350)

2 x 100's BR pace (50 2-count glide |
25 1-count glide | 25 0.5-count glide)
w/ 1:30 rest

50 BK

2 x 50's BR FOR TIME

Cooldown: 150 choice

1900 SCY

A WORKOUT

Warm-Up (700)

300 FR
2 x 200's DS by 50

Pre-Set (600)

3 x 100's IM drill on 2:00
3 x 100's FR (ascending each 50) on 1:45

Main Set (1000)

For this set:

- All pull (w/ paddles) & breathing every 3 & 5 by 50
- 30s rest after each distance

100 easy
200 (100 easy | 100 smooth)
300 (100 easy | 100 smooth | 100 strong)
200 (100 easy | 100 smooth)
100 easy
100 choice (FOR TIME)

Cooldown: 300 choice

2600 SCY

B WORKOUT

Warm-Up (600)

300 FR
2 x 150's DS by 25

Pre-Set (400)

2 x 100's IM drill on 2:30
2 x 100's FR (ascending each 50) on 2:15

Main Set (600)

For this set:

- All pull (w/ paddles) & breathing every 3 & 5 by 50
- 30s rest after each distance

50 easy
100 (50 easy | 50 smooth)
200 (100 easy | 50 smooth | 50 strong)
100 (50 easy | 50 smooth)
50 easy
100 choice (FOR TIME)

Cooldown: 200 choice

1800 SCY

A WORKOUT

Warm-Up: 400 choice

Pre-Set (400)

10-minute continuous kick

8 x 50's pull (w/ paddles) on
50s

Main Set (1600)

For this set:

*Odd rounds are FR, even
rounds are non-FR*

6 x $\left\{ \begin{array}{l} 10 \text{ x } 25\text{'s on } 35\text{s} \\ - 6 \text{ cruise } | 4 \text{ build} \\ 1:00 \text{ rest} \end{array} \right.$

Cooldown: 200 choice

2600 SCY (excluding kick)

B WORKOUT

Warm-Up: 300 choice

Pre-Set (300)

10-minute continuous kick

6 x 50's pull (w/ paddles) on
1:10

Main Set (1000)

For this set:

*Odd rounds are FR, even
rounds are non-FR*

4 x $\left\{ \begin{array}{l} 10 \text{ x } 25\text{'s on } 45\text{s} \\ - 6 \text{ cruise } | 4 \text{ build} \\ 1:00 \text{ rest} \end{array} \right.$

Cooldown: 200 choice

1800 SCY (excluding kick)

A WORKOUT

Warm-Up (900)

300 swim
200 kick
6 x 50's pull on 60s
4 x 25's FAST ½ way on 40s

Pre-Set (1400)

Drill choices:

FL – 2 kicks / 1 pull or skate
BK – flagpole or 25 left / 25 right
BR – 2x pull-outs or pull w/ flutter kick
FR – fists or sailboat

16 x 25's drill (alternating FR & best-stroke) on 40s

300 pull w/ paddles

8 x 75's swim (FAST between flags & wall) on 1:40

- Alternating FR & best-stroke

100 easy

Main Set (200)

4 x 50's best stroke (FOR TIME) on 4:00

Cooldown: 200 choice

2700 SCY

B WORKOUT

Warm-Up (600)

200 swim
100 kick
4 x 50's pull on 1:10
4 x 25's FAST ½ way on 45s

Pre-Set (1000)

Drill choices:

FL – 2 kicks / 1 pull or 2 / 2 / 2
BK – Fists or 25 left / 25 right
BR – 2x pull-outs or pull w/ flutter kick
FR – fists or sailboat

12 x 25's drill (alternating FR & best-stroke) on 50s

200 pull w/ paddles

6 x 75's swim (FAST between flags & wall) on 2:00

- Alternating FR & best-stroke

50 easy

Main Set (200)

4 x 50's best stroke (FOR TIME) on 4:00

Cooldown: 200 choice

2000 SCY

A WORKOUT

Warm-Up: 2 x 400 SKIP

Pre-Set (350)

10 x 25's FR w/ over kick on 40s

100 easy

Main Set (1150)

2 rounds of [6 x 75's goal kick (no fins) on 1:20]

- Goal time is 100 FR avg from the 10 x 100's swim of the 30 x 100's set (i.e., if you avg'd 1:05, that's your goal time)
- 4:00 rest between rounds

250 pull

Cooldown Set (400)

4 x 75's w/ fins (25 under water | 25 BK kick | 25 FR build) on 2:15

100 double-arm BK

2700 SCY

B WORKOUT

Warm-Up: 2 x 300 SKIP

Pre-Set (250)

6 x 25's FR w/ over kick on 50s

100 easy

Main Set (1000)

2 rounds of [6 x 75's goal kick (no fins) on 1:45]

- Goal time is 75 FR avg + 25s from the 10 x 75's swim of the 30 x 75's set (i.e., if you avg'd 1:05, add 25s & that's your goal time)
- 4:00 rest between rounds

100 pull

Cooldown Set (350)

4 x 75's w/ fins (25 under water | 25 BK kick | 25 FR build) on 2:15

50 double-arm BK

2200 SCY

A & B - Conner's Birthday Special

Warm-Up: 600 choice

Conner's Birthday Special (1850)

74 x 25's as: [9 rounds of 8 x 25's] + 2 x 25's FOR TIME

Round 1 on 50s – under water (w/ fins)

Round 2 on 45s – kick (FAST)

Round 3 on 40s – FR pull

Round 4 on 35s – FR DPS

Round 5 on 30s – FR (FAST)

Round 6 on 50s – stroke kick

Round 7 on 45s – stroke DPS

Round 8 on 40s – stroke: 3 fast strokes off the wall, then cruise

Round 9 on 35s – stroke (FAST)

Last 2 – 1 FR & 1 non-FR from a start

Cooldown: 250 choice

2700 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set

8-minute continuous kick

Main Set (1800)

For this set:

- 50's are as follows: *FAST to ½ way and flip, EASY back to wall, flip, then 25 FAST 25*
- *After Round 1, take 25s rest after each 50*
- *60s rest after each round*

Round 1 – 1 x 50

Round 2 – 2 x 50's

Round 3 – 3 x 50's

Round 4 – 4 x 50's

Round 5 – 5 x 50's

Round 6 – 6 x 50's

Round 7 – 7 x 50's

Round 8 – 8 x 50's

Cooldown

400 or 4 x 100's pull

2700 SCY (excluding kick)

B WORKOUT

Warm-Up: 400 choice

Pre-Set

8-minute continuous kick

Main Set (1050)

For this set:

- 50's are as follows: *FAST to ½ way and flip, EASY back to wall, flip, then 25 FAST*
- *After Round 1, take 25s rest after each 50*
- *60s rest after each round*

Round 1 – 1 x 50

Round 2 – 2 x 50's

Round 3 – 3 x 50's

Round 4 – 4 x 50's

Round 5 – 5 x 50's

Round 6 – 6 x 50's

Cooldown

300 or 3 x 100's pull

1750 SCY (excluding kick)

A WORKOUT

Warm-Up: 1000 SKIPS

Pre-Set (600)

12 x 50's FR (w/ fins) on 60s

- 4 build | easy by 25
- 4 easy | build by 25
- 4 build | sprint by 25

Main Set (900)

All FAST:

4 x 100's FR on 4:00

- 2 w/out fins, 2 with

6 x 50's FR on 3:00

- 3 w/out fins, 3 with

8 x 25's FR on 2:00

- 4 w/out fins, 4 with

Cooldown: 200 choice

2700 SCY

B WORKOUT

Warm-Up: 800 SKIP

Pre-Set (400)

8 x 50's FR (w/ fins) on 1:20

- 2 build | easy by 25
- 2 easy | build by 25
- 4 build | sprint by 25

Main Set (900)

All FAST:

4 x 100's FR on 4:00

- 2 w/out fins, 2 with

6 x 50's FR on 3:00

- 3 w/out fins, 3 with

8 x 25's FR on 2:00

- 4 w/out fins, 4 with

Cooldown: 200 choice

2300 SCY

A WORKOUT

Warm-Up (800)

300 FR

200 kick

100 non-FR

4 x 50's pull w/ 20s rest

Main Set (1650)

3 x {
6 x 25's FL (3 dolphin
kicks off the wall) w/ 20s
rest

3 x 50's BK (descend 1-3)
w/ 25 s rest

2 x 75's BR (working on
long glides) w/ 30s rest

2:00 rest

100 FR FOR TIME

Cooldown: 250 choice

2700 SCY

B WORKOUT

Warm-Up (600)

200 FR

100 kick

100 non-FR

4 x 50's pull w/ 20s rest

Main Set (1200)

3 x {
4 x 25's FL (3 dolphin
kicks off the wall) w/ 20s
rest

2 x 50's BK (descend 1-3)
w/ 25 s rest

2 x 50 BR (working on
long glides) w/ 30s rest

2:00 rest

100 FR FOR TIME

Cooldown: 200 choice

2000 SCY

A WORKOUT

Warm-Up (500)

200 FR
150 BK
100 BR
50 FL

Pre-Set (600)

4 x {
50 kick w/ 10s rest
- IM order by round

100 swim @ 400 pace w/ 20s rest
- Alternating IM & FR by round

Main Set (1400)

4 x 25's IM order on 35s
100 pull (breathing every 3)

4 x 25's IM order on 35s
200 pull (breathing every 3 & 5 by 50)

4 x 25's IM order on 35s
300 pull (breathing every 3 & 5 by 100)

4 x 25's IM order on 35s
200 pull (breathing every 3 & 5 by 50)

4 x 25's IM order on 35s
100 pull (breathing every 3)

Cooldown: 200 choice

2700 SCY

B WORKOUT

Warm-Up (500)

200 FR
150 BK
100 BR
50 FL

Pre-Set (400)

4 x {
50 kick w/ 10s rest
- IM order by round

50 swim @ 400 pace w/ 20s rest
- Alternating IM & FR by round

Main Set (1000)

4 x 25's IM order on 40s
50 pull (breathing every 3)

4 x 25's IM order on 40s
100 pull (breathing every 3 & 5 by 25)

4 x 25's IM order on 40s
200 pull (breathing every 3 & 5 by 50)

4 x 25's IM order on 40s
100 pull (breathing every 3 & 5 by 25)

4 x 25's IM order on 40s
50 pull (breathing every 3)

Cooldown: 200 choice

2100 SCY

A WORKOUT

Warm-Up (900)

200 FR

200 IM

200 stroke

6 x 50's build on 60s

- 2 FR | 2 non-FR | 2 IM

Main Set (1700)

For this set:

- 1st round FR, 2nd non-FR
- Add 5s to interval for non-FR
- 2:00 rest between rounds

2 x {
8 x 25's kick on 40s
8 x 25's drill on 40s
8 x 25's DPS on 35s
2 x 100's (smooth) w/ 25s rest

2 x 50's (FOR TIME) on 2:30

- 1 FR & 1 non-FR

Cooldown: 200 choice

2800 SCY

B WORKOUT

Warm-Up (600)

150 FR

100 IM

150 stroke

4 x 50's build on 1:10

- 2 FR | 1 non-FR | 1 IM

Main Set (1600)

For this set:

- 1st round FR, 2nd non-FR
- Add 5s to interval for non-FR
- 2:00 rest between rounds

2 x {
8 x 25's kick on 40s
8 x 25's drill on 40s
8 x 25's DPS on 35s
2 x 75's (smooth) w/ 25s rest

2 x 50's (FOR TIME) on 2:30

- 1 FR & 1 non-FR

Cooldown: 200 choice

2400 SCY

A WORKOUT

Warm-Up (900)

200 swim
200 kick
200 (drill | swim | scull | swim by 25)
200 pull
100 easy

Pre-Set (1200)

12 x 25's swim choice (working with parachutes if able) on 60s

12 x 50's FR (≤ 10 strokes per 25) on 60s

8 x 25's swim choice on 40s

- Fast | easy
- Easy | fast
- Easy
- Fast

100 easy

Main Set (500)

6 x 50's swim choice (FAST) on 2:00

100 easy

100 swim choice (FOR TIME)

Cooldown: 200 choice

2800 SCY

B WORKOUT

Warm-Up (700)

200 swim
100 kick
200 (drill | swim | scull | swim by 25)
100 pull
100 easy

Pre-Set (850)

8 x 25's swim choice (w/ 5 push-outs or vertical kicks before each 25) on 1:20

12 x 25's FR (≤ 14 strokes) on 60s

8 x 25's swim choice on 40s

- Fast | easy
- Easy | fast
- Easy
- Fast

50 easy

Main Set (350)

6 x 25's swim choice (FAST) on 2:00

100 easy

100 swim choice (FOR TIME)

Cooldown: 100 choice

2000 SCY

A WORKOUT

Warm-Up 2 x 500 SKIPS

Pre-Set (1200)

12 x 50's pull on 50s

- Breathing every 3

16 x 25's FR on 35s

- Ascending the odd 25's (start fast and end slow over the 8 odd 25's), descending the even 25's (start slow and end fast over the 8 even 25's)

200 easy

Main Set (400)

8 Fox & the Hound 50's on 3:00

(active recovery encouraged)

- With a partner, 1 person starts a 50 FR (ALL-OUT) with no equipment and the other person (w/ fins) starts the 50 5s after with the goal of catching up to the 1st person
- Swap roles after 4 50's

Cooldown: 200 choice

2800 SCY

B WORKOUT

Warm-Up 2 x 400 SKIP

Pre-Set (900)

8 x 50's pull on 1:00

- Breathing every 3

12 x 25's FR on 35s

- Ascending the odd 25's (start fast and end slow over the 6 odd 25's), descending the even 25's (start slow and end fast over the 6 even 25's)

200 easy

Main Set (400)

8 Fox & the Hound 50's on 3:00

(active recovery encouraged)

- With a partner, 1 person starts a 50 FR (ALL-OUT) with no equipment and the other person (w/ fins) starts the 50 5s after with the goal of catching up to the 1st person
- Swap roles after 4 50's

Cooldown: 200 choice

2300 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (1600)

4 rounds of [8 x 25's]

- Round 1: quiet kick on 50s
- Round 2: scull on 50s
- Round 3: drill on 40s
- Round 4: swim DPS on 40s

16 x 50's pull (w/ paddles) DPS
on 60s

- Count # of strokes per 25
- Every 4th 50 reduce stroke
count by 1

Main Set (300)

6 x 50's FR (w/ fins) w/ 30s rest

- 12.5 under water | 12.5 scull
| 12.5 Tarzan drill | 12.5
under water

Cooldown: 100 double-arm BK

2800 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (1200)

4 rounds of [6 x 25's]

- Round 1: quiet kick on 60s
- Round 2: scull on 60s
- Round 3: drill on 50s
- Round 4: swim DPS on 50s

12 x 50's pull (w/ paddles) DPS
on 60s

- Count # of strokes per 25
- Every 3rd 50 reduce stroke
count by 1

Main Set (300)

6 x 50's FR (w/ fins) w/ 30s rest

- 12.5 under water | 12.5 scull
| 12.5 Tarzan drill | 12.5
under water

Cooldown: 100 double-arm BK

2200 SCY

A WORKOUT

Warm-Up: 400 choice

Pre-Set (400)

8 x 25's FR drill (4 sailboat |
4 catch-up) on 40s

8 x 25's kick (FAST) on 35s

Main Set (1800)

2 x { 200 FR (build) on 3:00
100 easy on 2:20

3 x { 100 FR (ascending)
on 1:30
100 easy on 2:20

4 x { 50 FR (strong) on 50s
100 easy on 2:20

Cooldown: 200 choice

2800 SCY

B WORKOUT

Warm-Up: 300 choice

Pre-Set (400)

8 x 25's FR drill (4 sailboat |
4 catch-up) on 40s

8 x 25's kick (FAST) on 35s

Main Set (900)

2 x { 100 FR (build) on 3:00
50 easy on 2:20

3 x { 50 FR (ascending)
on 1:30
50 easy on 2:20

4 x { 25 FR (strong) on 50s
50 easy on 2:20

Cooldown: 200 choice

1800 SCY

A WORKOUT

Warm-Up (800)

200 FR

3 x 100's kick w/ 20s rest

6 x 50's pull w/ paddles on 50s

Pre-Set (800)

16 x 50's BR drill on 1:10

- 4 w/ flutter kick (w/ fins)
- 4 w/ dolphin kick (w/ fins)
- 4 w/ double pull-outs
- 4 perfect stroke

Main Set (800)

For this set:

- *FR is all super easy, BR is STRONG*

2 x {
4 x 100's on 2:00
- 1st 100: 25 BR | 75 FR
- 2nd 100: 50 BR | 50 FR
- 3rd 100: 75 BR | 25 FR
- 4th 100 is all BR
2:00 rest

Cooldown: 400 choice

2800 SCY

B WORKOUT

Warm-Up (600)

200 FR

2 x 100's kick w/ 20s rest

4 x 50's pull w/ paddles on 1:10

Pre-Set (600)

12 x 50's BR drill on 1:25

- 3 w/ flutter kick (w/ fins)
- 3 w/ dolphin kick (w/ fins)
- 3 w/ double pull-outs
- 3 perfect stroke

Main Set (600)

For this set:

- *FR is all super easy, BR is STRONG*

2 x {
3 x 100's w/ 30s rest
- 1st 100: 25 BR | 75 FR
- 2nd 100: 50 BR | 50 FR
- 3rd 100: 75 BR | 25 FR
2:00 rest

Cooldown: 200 choice

2000 SCY

A WORKOUT

Warm-Up: 600 SKP

Pre-Set (600)

10 x 25's kick on 45s

- FAST between the flags, EASY between the flags & wall

10 x 25's swim choice on 45s

- Odds: breakout @ 1st white mark
- Evens: FAST into the walls from 2nd white mark

Main Set (1500)

For this set:

- *Odd rounds FR, evens stroke*
- *50's on 50s, 25's on 25s*

6 x {
2 x 50's swim (FAST)
1:00 rest
2 x 25's swim (FAST)
100 pull on 3:00

Cooldown: 200 choice

2800 SCY

B WORKOUT

Warm-Up: 400 SKIP

Pre-Set (400)

8 x 25's kick on 45s

- FAST between the flags, EASY between the flags & wall

8 x 25's swim choice on 45s

- Odds: breakout @ 1st white mark
- Evens: FAST into the walls from 2nd white mark

Main Set (1100)

For this set:

- *Odd rounds FR, evens stroke*
- *50's on 1:10, 25's on 35s*

4 x {
2 x 50's swim (FAST)
1:00 rest
2 x 25's swim (FAST)
100 pull on 4:00

Cooldown: 100 choice

2000 SCY

A WORKOUT

Warm-Up (600)

200 FR
200 kick
200 IM

Pre-Set (600)

3 x { 4 x 50's FR (drill | swim by
25) on 1:15
#1: Fists
#2: Right arm only
#3: Left arm only
#4: Catch-up

Main Set (1400)

4 x { 4 x 50's FR (steady) on 50s
50 easy on 2:00
100 FR (strong)
2:00 rest

Cooldown: 200 choice

2800 SCY

B WORKOUT

Warm-Up (400)

200 FR
100 kick
100 IM

Pre-Set (400)

2 x { 4 x 50's FR (drill | swim by
25) on 1:45
#1: Fists
#2: Right arm only
#3: Left arm only
#4: Catch-up

Main Set (1050)

3 x { 4 x 50's FR (steady) on
1:20
50 easy on 2:30
100 FR (strong)
2:00 rest

Cooldown: 150 choice

2000 SCY