

A WORKOUT

Warm-Up: 900 SKP

Pre-Set (600)

8 x 75's on 1:30

#1-4: 50 BK | 25 BR

#5-8: 25 BK | 50 BR

100 pull

Main Set (1200)

For this set:

- *Alternate BK & BR every 2 x 25's*
- *Round 1 BK: breakout @ 1st white mark w/ 3 fast strokes; Round 2 (w/ fins): breakout @ 2nd white mark*
- *Round 1 BR: 2x pull-outs; Round 2 (w/ fins): pull w/ flutter kick (no pull-out) & max # of strokes possible*

2 rounds of [16 x 25's on 45s]

100 pull

2 Broken 100's (1 BK | 1 BR) on 4:00

- 5s rest after each 25

Cooldown: 300 choice

2900 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (450)

8 x 50's on 1:30

#1-4: 25 BK | 25 BR

#5-8: 25 BR | 50 BK

50 pull

Main Set (1100)

For this set:

- *Alternate BK & BR every 2 x 25's*
- *Round 1 BK: breakout @ 1st white mark w/ 3 fast strokes; Round 2 (w/ fins): breakout @ 2nd white mark*
- *Round 1 BR: 2x pull-outs; Round 2 (w/ fins): pull w/ flutter kick (no pull-out) & max # of strokes possible*

2 rounds of [16 x 25's on 45s]

50 pull

2 Broken 75's (1 BK | 1 BR) on 4:00

- 5s rest after each 25

Cooldown: 150 choice

2300 SCY

A WORKOUT

Warm-up: 400 choice

Main Set (2400)

8 x 50's (w/ fins) on 1:10
- 15 under water | 35 choice

4 x 100's pull on 1:35

4 x 50's FR DPS on 1:10
- Count # of strokes by 25

4 x 100's pull on 1:35

4 x 50's FR DPS on 1:10
- Reduce stroke count by 1

4 x 100's pull on 1:35

8 x 50's (w/ fins) on 1:10
- 35 choice | 15 under water

6 turns (3 FR | 3 non-FR)

Cooldown: 100 double-arm BK

2900 SCY

B WORKOUT

Warm-up: 300 choice

Main Set (1600)

6 x 50's (w/ fins) on 1:20
- 15 under water | 35 choice

2 x 100's pull on 2:00

4 x 50's FR on 1:20
- Count # of strokes by 25

2 x 100's pull on 2:00

4 x 50's FR DPS on 1:20
- Reduce stroke count by 1

2 x 100's pull on 2:00

6 x 50's (w/ fins) on 1:20
- 35 choice | 15 under water

6 turns (3 FR | 3 non-FR)

Cooldown: 100 double-arm BK

2200 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (600)

3 x {
4 x 25's DPS on 35s
50 descend on 60s
50 ascending on 1:20

Main Set (1200)

For this set:

- *Odd rounds just make the interval, even rounds are FAST (w/fins)*
- *3:00 rest between rounds*

6 x {
1 x 100 FR on 1:20
50 FR on 45s
2 x 25's on 20s

Cooldown: 300 choice

2900 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (600)

2 x {
4 x 25's DPS on 40s
50 descend on 1:10s
50 ascending on 1:30

Main Set (800)

For this set:

- *Odd rounds just make the interval, even rounds are FAST (w/fins)*
- *3:00 rest between rounds*

4 x {
1 x 100 FR on 1:50
50 FR on 60s
2 x 25's on 30s

Cooldown: 200 choice

2200 SCY

A WORKOUT

Warm-Up (800)

300 FR

200 kick

3 x 100's pull

Pre-Set (900)

16 x 25's on 45s

- Odds max distance under water, evens 2x BR pull-out

8 x 50's on 1:10

- 12.5 FAST BR w/ no pull-out & flutter kick | 37.5 FR easy

100 easy

Main Set (900)

12 x 75's BR on 1:30

- A glide count means 'counting' each second of the glide as 1-one thousand
- 25 w/ a 2-count glide | 25 w/ 1-count glide | 25 w/ 0.5-count glide
- 2:00 rest after every 3

Cooldown: 300 choice

2900 SCY

B WORKOUT

Warm-Up (800)

300 FR

200 kick

3 x 100's pull

Pre-Set (800)

16 x 25's on 45s

- Odds max distance under water, evens 2x BR pull-out

6 x 50's on 1:30

- 12.5 FAST BR w/ no pull-out & flutter kick | 37.5 FR easy

100 easy

Main Set (600)

8 x 75's BR w/ 20s rest

- A glide count means 'counting' each second of the glide as 1-one thousand
- 25 w/ a 2-count glide | 25 w/ 1-count glide | 25 w/ 0.5-count glide
- 2:00 rest after every 2

Cooldown: 200 choice

2400 SCY

A WORKOUT

Warm-Up: 600 SKP

Pre-Set (800)

4 x { 4 x 25's BK on 40s
#1: left arm
#2: right arm
#3: 3 / 3 / 3
#4: best technique

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

- Max underwater kickouts off each wall

Main Set (1300)

6 x 150's as (50 BK DPS | 50 FR easy | 50 BK DPS) on 3:00

200 pull

Broken 200 BK (STRONG) as:

- 100 w/ 15s rest
- 50 w/ 10s rest
- 2 x 25's w/ 5s rest

Cooldown: 200 choice

2900 SCY

B WORKOUT

Warm-Up: 400 SKIP

Pre-Set (600)

3 x { 4 x 25's on BK 45s
#1: left arm
#2: right arm
#3: 3 / 3 / 3
#4: best technique

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

- Max underwater kickouts off each wall

Main Set (800)

6 x 100's as (25 BK DPS | 50 FR easy | 25 BK DPS) on 3:00

100 pull

Broken 100 BK (STRONG) as:

- 50 w/ 15s rest
- 2 x 25's w/ 10s rest

Cooldown: 200 choice

2000 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (900)

12 x 25's FL kick (w/ kickboard & fins) on 35s

6 x 50's FL drill on 1:10

300 pull

Main Set (1250)

6 x 75's on 1:30

- 2: 25 underwater FL kick | 25 FL (STRONG) | 25 FR (EASY)

- 2: 25 FR (EASY) | 25 underwater FL kick | 25 FL (STRONG)

- 2: 25 FL | 25 FR (EASY) | 25 underwater FL kick

8 x 50's FR pull (NO paddles) on 50s

200 easy

8 x 25's FL (FAST) on 30s

Cooldown: 250 choice

2900 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (600)

8 x 25's FL kick (w/ kickboard & fins) on 40s

4 x 50's FL drill on 1:20

200 pull

Main Set (1050)

6 x 75's w/ 25s rest

- 2: 25 underwater FL kick | 25 FL (STRONG) | 25 FR (EASY)

- 2: 25 FR (EASY) | 25 underwater FL kick | 25 FL (STRONG)

- 2: 25 FL | 25 FR (EASY) | 25 underwater FL kick

6 x 50's FR pull (NO paddles) on 60s

100 easy

8 x 25's FL (FAST) on 40s

Cooldown: 150 choice

2200 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (1200)

8 x 75's FR on 1:30

- 50 drill | 25 smooth

8 x 50's kick on 1:15

- Strong between the flags

8 x 25's under water on 50s

Main Set (1000)

10 "Broken" 100's:

- 3: 25 ALL-OUT | 50 cruise | 25 double-arm BK
- 3: 25 cruise | 25 ALL-OUT | 25 cruise | 25 double-arm BK
- 4: 50 cruise | 25 ALL-OUT | 25 double-arm BK

1:00 rest each 100

Cooldown: 200 choice

2900 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (900)

6 x 75's FR on 1:50

- 50 drill | 25 smooth

6 x 50's kick on 1:30

- Strong between the flags

6 x 25's under water on 60s

- Goal is to make it to the 2nd white mark

Main Set (600)

6 "Broken" 100's:

- 2: 25 ALL-OUT | 50 cruise | 25 double-arm BK
- 2: 25 cruise | 25 ALL-OUT | 25 cruise | 25 double-arm BK
- 2: 50 cruise | 25 ALL-OUT 25 double-arm BK

1:00 rest each 100

Cooldown: 200 choice

2100 SCY

A WORKOUT

Warm-Up: 400 choice

Pre-Set (500)

20 x 25's build on 35s

- 4 IM order
- 4 FR
- 4 IM order
- 4 non-FR
- 4 FR

Main Set (1800)

For this set:

- *Your 50 time becomes your interval for the 25 easy (i.e., if you swim the 50 in 40s, that's the 25's interval)*
- *2:00 rest after each round*

6 rounds:

4 x $\left\{ \begin{array}{l} 50 \text{ FR build to sprint} \\ 25 \text{ FR easy} \end{array} \right.$

Cooldown: 200 choice

2900 SCY

B WORKOUT

Warm-Up: 300 choice

Pre-Set (400)

16 x 25's build on 40s

- 4 IM order
- 4 FR
- 4 IM order
- 4 non-FR

Main Set (1200)

For this set:

- *Your 50 time becomes your interval for the 25 easy (i.e., if you swim the 50 in 40s, that's the 25's interval)*
- *2:00 rest after each round*

4 rounds:

4 x $\left\{ \begin{array}{l} 50 \text{ FR build to sprint} \\ 25 \text{ FR easy} \end{array} \right.$

Cooldown: 200 choice

2100 SCY

A WORKOUT

Warm-Up (900)

300 swim
3 x 100's kick
6 x 50's drill

Pre-Set (700)

12 x 25's BR DPS on 50s

- 5 kicks on the wall, then turn and swim
- 4 w/ a 2s glide | 4 w/ a 1s glide | 4 w/ a 0.5s glide

12 x 25's BR drill on 50s

- #1-4: pull w/ buoy (no kick)
- #5-8: pull w/ buoy (with kick)
- #9-12: "perfect" technique

100 easy

Main Set (1000)

For this set:

- *Your 50 time becomes your interval for the 25 easy (i.e., if you swim the 50 in 40s, that's the 25's interval)*
- *2:00 rest after each round*

3 rounds:

4 x $\left\{ \begin{array}{l} 50 \text{ BR build to sprint} \\ 25 \text{ FR easy} \end{array} \right.$

100 BR (FOR TIME)

Cooldown: 300 choice

2900 SCY

B WORKOUT

Warm-Up: (600)

300 swim
2 x 100's kick
4 x 50's drill

Pre-Set (700)

12 x 25's BR DPS on 50s

- 5 kicks on the wall, then turn and swim
- 4 w/ a 2s glide | 4 w/ a 1s glide | 4 w/ a 0.5s glide

12 x 25's BR drill on 50s

- #1-4: pull w/ buoy (no kick)
- #5-8: pull w/ buoy (with kick)
- #9-12: "perfect" technique

100 easy

Main Set (700)

For this set:

- *Your 50 time becomes your interval for the 25 easy (i.e., if you swim the 50 in 40s, that's the 25's interval)*
- *2:00 rest after each round*

2 rounds:

4 x $\left\{ \begin{array}{l} 50 \text{ BR build to sprint} \\ 25 \text{ FR easy} \end{array} \right.$

100 BR FOR TIME

Cooldown: 200 choice

2200 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (900)

5 x { 4 x 25's on 40s
- Odd rounds kick, even
rounds scull

8 x 50's BK (w/ fins) on 60s
- 25 max underwaters | 25
drill

Main Set (1100)

5 rounds of [4 x 50's BK (w/
fins) @ 200 race pace]
- 2:00 rest between rounds

100 BK (fins optional) FOR
TIME

Cooldown: 200 choice

3000 SCY

B WORKOUT

Warm-Up: 800 SKIP

Pre-Set (700)

4 x { 4 x 25's on 50s
- Odd rounds kick, even
rounds scull

6 x 50's BK (w/ fins) on 1:20
- 25 max underwaters | 25
drill

Main Set (850)

4 rounds of [4 x 50's BK (w/
fins) @ 200 race pace]
- 2:00 rest between rounds

50 BK (fins optional) FOR
TIME

Cooldown: 200 choice

2300 SCY

A WORKOUT

Warm-Up: 400 FR

Main Set (2400)

6 rounds of [8 x 50's on 60s]

Round 1 – FR kick

1:00 rest

Round 2 – FR drill (4 6-kick switch | 4 sailboat) w/ fins

1:00 rest

Round 3 – pull: working on DPS & count your strokes per 25

1:00 rest

Round 4 – BK or BR kick

1:00 rest

Round 5 – BK or BR drill w/ fins

- BK: 4 6-kick switch | 4 (25 left arm / 25 right arm)
- BR: 4 pull w/ flutter kick | 4 pull w/ dolphin kick

1:00 rest

Round 6 – BK or BR: working on DPS & count your strokes per 25

Cooldown: 200 choice

3000 SCY

B WORKOUT

Warm-Up: 300 FR

Main Set (1500)

6 rounds of [5 x 50's on 1:20]

Round 1 – FR kick

1:00 rest

Round 2 – FR drill (4 6-kick switch | 4 sailboat) w/ fins

1:00 rest

Round 3 – pull: working on DPS & count your strokes per 25

1:00 rest

Round 4 – BK or BR kick

1:00 rest

Round 5 – BK or BR drill w/ fins

- BK: 4 6-kick switch | 4 (25 left arm / 25 right arm)
- BR: 4 pull w/ flutter kick | 4 pull w/ dolphin kick

1:00 rest

Round 6 – BK or BR: working on DPS & count your strokes per 25

Cooldown: 200 choice

2000 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

Main Set (1950)

4 x 150's on 2:30

- Kick | drill | swim by 50

200 (FR | non-FR by 50) w/ 30s rest

3 x 150's pull (w/ paddles) on 2:25

200 FR w/ 30s rest

2 x 150's (STRONG) on 2:10

200 (FR | worst-stroke by 50)
w/ 30s rest

100 worst-stroke

Cooldown: 250 choice

3000 SCY

B WORKOUT

Warm-Up (700)

200 FR

2 x 100's kick w/ 20s rest

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

Main Set (1300)

4 x 100's on 2:30

- Drill | swim by 50

100 (50 FR | 50 non-FR) w/ 30s rest

3 x 100's pull (w/ paddles) on 2:15

100 FR w/ 30s rest

2 x 100's (STRONG) on 2:00

100 (50 FR | 50 worst-stroke)
w/ 30s rest

100 worst-stroke

Cooldown: 200 choice

2200 SCY

A WORKOUT

Warm-Up (900)

3 x { 100 FR
100 non-FR
100 kick

Pre-Set (1000)

16 x 25's (w/ fins) on 40s

- Odds: underwater
- Evens: 3 strong kicks & strokes off the wall

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

- #1-6: breathing every 3
- #7-9: breathing every 5
- #10-12: breathing every 7

Main Set (900)

3 x { 4 x 75's on 1:15
- 50 FR (smooth) | 25 stroke
(STRONG)
2:00 rest

Cooldown: 200 choice

3000 SCY

B WORKOUT

Warm-Up (600)

2 x { 100 FR
100 non-FR
100 kick

Pre-Set (800)

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

- Odds: underwater
- Evens: 3 strong kicks & strokes off the wall

10 x 50's pull (NO paddles) on 1:20

- #1-4: breathing every 3
- #5-8: breathing every 5
- #9-10: breathing every 7

Main Set (600)

2 x { 4 x 75's on 1:15
- 50 FR (smooth) | 25 stroke
(STRONG)
2:00 rest

Cooldown: 200 choice

2200 SCY

A WORKOUT

Warm-Up (800)

300 swim
200 kick
300 pull

Pre-Set (600)

12 x 25's drill on 35s

12 x 25's kick on 35s

Main Set (1500)

1 x 200 FR (steady) on 3:00

2 x 150's FR on 2:15
- Build last 50

3 x 100's FR on 1:30
- Ascend w/in each 100

4 x 75's FR on 1:10
- Descend w/in each 75

5 x 50's FR (strong) on 50s

6 x 25's FR (fast) on 30s

Cooldown: 200 choice

3000 SCY

B WORKOUT

Warm-Up (500)

200 swim
100 kick
200 pull

Pre-Set (400)

8 x 25's drill on 45s

8 x 25's kick on 45s

Main Set (1250)

1 x 150 FR (steady) on 3:20

2 x 125's FR on 2:45
- Build last 50

2 x 100's FR on 2:00
- Ascend w/in each 100

4 x 75's FR on 1:40
- Descend w/in each 75

4 x 50's FR (strong) on 1:20

6 x 25's FR (fast) on 40s

Cooldown: 150 choice

2300 SCY

A WORKOUT

Warm-Up: 400 choice

Pre-Set (900)

12 x 75's IM order on 1:20
- 50 drill | 25 swim

Main Set (1500)

For this set:

- FR is either swim or pull
- Choice is swim or kick w/ fins
- 100's holding best average on 1:25
- 50 recovery on 2:00

FR $\left\{ \begin{array}{l} 100 \\ 50 \\ 2 \text{ x } 100\text{'s} \\ 50 \\ 3 \text{ x } 100\text{'s} \\ 50 \end{array} \right.$

Choice $\left\{ \begin{array}{l} 3 \text{ x } 100\text{'s} \\ 50 \\ 2 \text{ x } 100\text{'s} \\ 50 \\ 100 \\ 50 \end{array} \right.$

Cooldown: 200 choice

3000 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (600)

12 x 50's IM order on 1:20
- 25 drill | 25 swim

Main Set (1100)

For this set:

- FR is either swim or pull
- Choice is swim or kick w/ fins
- 100's holding best average on 2:10
- 50 recovery on 2:30

FR $\left\{ \begin{array}{l} 100 \\ 50 \\ 2 \text{ x } 100\text{'s} \\ 50 \\ 100 \\ 50 \end{array} \right.$

Choice $\left\{ \begin{array}{l} 100 \\ 50 \\ 2 \text{ x } 100\text{'s} \\ 50 \\ 100 \\ 50 \end{array} \right.$

Cooldown: 200 choice

2300 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (1600)

10 x 50's kick (NO fins) on
1:05

- 25 FR side kick | 25 BR

10 x 50's drill on 1:10

- 25 FR fists | 25 BR pull w/
FL kick

10 x 50's swim on 1:10

- 25 FR ascend | 25 BR
smooth

100 pull

Main Set (800)

8 x 100's pull (w/ paddles) on
2:00

- 75 FR | 25 BR

Cooldown: 200 choice

3100 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (1000)

6 x 50's kick (NO fins) on
1:30

- 25 FR side kick | 25 BR

6 x 50's drill on 1:30

- 25 FR fists | 25 BR pull w/
FL kick

6 x 50's swim on 1:30

- 25 FR ascend | 25 BR
smooth

100 pull

Main Set (450)

6 x 75's pull (w/ paddles) on
2:00

- 50 FR | 25 BR

Cooldown: 100 choice

1950 SCY

A WORKOUT

Warm-Up (900)

300 swim
200 IM drill
100 scull
6 x 50's ascending each 50

Pre-Set (1200)

12 x 50's drill (w/ fins) on 60s
- Choice of BK or BR or combination
- BK drill: flagpole w/ 3s pause
- BR drill: pull w/ dolphin kick

6 x 75's (w/ fins) on 1:30
- 50 BK w/ max underwaters | 25 BR pull w/ flutter kick

150 pull

Main Set (800)

6 x 100's (50 BK | 50 BR) STRONG on 2:15

100 easy

100 kick (FOR TIME)

Cooldown: 200 choice

3100 SCY B WORKOUT

Warm-Up (800)

300 swim
200 IM drill
100 scull
4 x 50's ascending each 50

Pre-Set (750)

8 x 50's drill (w/ fins) on 1:30
- Choice of BK or BR or combination
- BK drill: flagpole w/ 3s pause
- BR drill: pull w/ dolphin kick

4 x 75's (w/ fins) on 2:00
- 50 BK w/ max underwaters | 25 BR pull w/ flutter kick

50 pull

Main Set (550)

4 x 100's (50 BK | 50 BR) STRONG on 3:00

50 easy

100 kick (FOR TIME)

Cooldown: 100 choice

2200 SCY
A WORKOUT

Warm-Up (900)

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

Pre-Set (800)

8 x 75's pull (w/ paddles) on 1:30
- Breathing 3 | 5 | 7 by 25

8 x 25's FR on 25s

Main Set (1200)

6 x 150's (w/ fins) on 2:45
#1-3: 25 FL kick | 25 FL scull | 25
FL 3 sculls \ 1 pull | 25 FL
swim | 50 BK
#4-6: 25 BK kick | 25 BK scull | 25
BK flagpole w/ 6-kick switch
| 25 BK swim | 50 BR w/ FL
kick

6 x 50's from the middle on 1:15
- 12.5 FL | 25 BK | 12.5 BR (NO
pull-out)

Cooldown: 200 choice

3100 SCY
B WORKOUT

Warm-Up (900)

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

Pre-Set (800)

8 x 75's pull (w/ paddles) on 1:30
- Breathing 3 | 5 | 7 by 25

8 x 25's FR on 30s

Main Set (800)

4 x 150's (w/ fins) on 3:15
#1-2: 25 FL kick | 25 FL scull | 25
FL 3 sculls \ 1 pull | 25 FL
swim | 50 BK
#3-4: 25 BK kick | 25 BK scull | 25
BK flagpole w/ 6-kick switch
| 25 BK swim | 50 BR w/ FL
kick

4 x 50's from the middle on 1:30
- 12.5 FL | 25 BK | 12.5 BR (NO
pull-out)

Cooldown: 100 choice

2600 SCY A WORKOUT

Warm-up: 600 choice

Pre-Set (1200)

6-minute or 500 kick (w/ fins)
- Whichever comes first

100 easy

8 x 50's drill (w/ fins) on 60s
- 25 BK flagpole w/ 6-kick switch | 25
BR pull w/ FL kick

8 x 25's FR on 25s

Main Set (1000)

For this set:

- 1st round BK, 2nd round BR
- 4:00 rest between rounds
- Add 5s to the rest times for BR

2 x {
5 Broken 100's on 3:00
#1: 4 x 25's w/ 10s rest

#2: 2 x 50's w/ 15s rest

#3: 75 w/ 10s rest | 25

#4: 50 w/ 15s rest | 2 x 25's w/ 10s
rest

#5: 25 | 50 | 25 w/ 10s rest

Cooldown: 300 choice

3100 SCY B WORKOUT

Warm-up: 500 choice

Pre-Set (900)

6-minute or 400 kick (w/ fins)
- Whichever comes first

50 easy

6 x 50's drill (w/ fins) on 1:15
- 25 BK flagpole w/ 6-kick switch | 25
BR pull w/ FL kick

6 x 25's FR on 30s

Main Set (1000)

For this set:

- 1st round BK, 2nd round BR
- 4:00 rest between rounds
- Add 5s to the rest times for BR

2 x {
5 Broken 100's on 3:00
#1: 4 x 25's w/ 10s rest

#2: 2 x 50's w/ 15s rest

#3: 75 w/ 10s rest | 25

#4: 50 w/ 15s rest | 2 x 25's w/ 10s
rest

#5: 25 | 50 | 25 w/ 10s rest

Cooldown: 200 choice

2600 SCY

A WORKOUT

Warm-Up: 600 choice

Pre-Set (600)

Drill key:

- *FL: 2 | 2 | 2*
- *BK: sailboat w/ 6-kick switch*
- *BR: pull w/ buoy*
- *FR: fists*

12 x 50's drill IM order on 1:10

Main Set (2000)

Broken 100 Key:

25 fast on 30s

25 easy on 45s

50 fast on 1:30

12 Broken 100's

- 3 of each stroke
- 200 pull on 3:30 after every 3 x 100's

3200 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (400)

Drill key:

- *FL: 2 | 2 | 2*
- *BK: sailboat w/ 6-kick switch*
- *BR: pull w/ buoy*
- *FR: fists*

12 x 25's drill IM order on 1:10

Main Set (1200)

Broken 100 Key:

25 fast on 45s

25 easy on 60s

50 fast on 2:00

8 Broken 100's

- 2 of each stroke
- 100 pull on 3:30 after every 2 x 100's

2000 SCY

A WORKOUT

Warm-Up (1000)

400 FR

300 IM KDS by 25

200 stroke (drill | swim by 50)

100 scull

Main Set (2000)

8 x 100's pull DPS on 1:45

8 x 75's social kick (w/ fins)
on 1:30

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

8 x 25's under water (w/ fins)
on 60s

Cooldown: 200 choice

3200 SCY

B WORKOUT

Warm-Up (600)

200 FR

200 IM (drill | swim by 25)

150 stroke (drill | swim by 50)

50 scull

Main Set (1500)

6 x 100's pull DPS on 2:00

6 x 75's social kick (w/ fins)
on 1:45

6 x 50's FR (w/ fins) on 1:30
- Ascending by 50

6 x 25's under water (w/ fins)
on 1:15

Cooldown: 100 choice

2200 SCY

A WORKOUT

Warm-up (800)

200 FR

200 IM

200 pull

8 x 25's (FAST 1st 15 yards) on 40s

Main Set (2100)

For this set:

- Round 1 (FR): 100's on 1:30 | 50's on 60s | 25's on 30s
- Round 2 (IM): 100's on 1:50 | 50's on 1:10 | 25's on 40s
- Round 3 (FR w/ fins): 100's on 1:20 | 50's on 45s | 25's on 20s

3 x {
4 x 100's best average
30s rest
4 x 50's ascending 1-4
30s rest
4 x 25's all-out
2:00 rest

Cooldown: 300 pull w/ snorkel (NO paddles)

3200 SCY

B WORKOUT

Warm-up (600)

200 FR

200 IM

8 x 25's on 45s

- Blast 1st 15 yards

Main Set (2100)

For this set:

- Round 1 (FR): 100's on 2:10 | 50's on 1:30 | 25's on 50s
- Round 2 (FR w/ fins): 100's on 1:50 | 50's on 1:15 | 25's on 40s

2 x {
4 x 100's best average
30s rest
4 x 50's ascending 1-4
30s rest
4 x 25's all-out
2:00 rest

Cooldown: 300 pull w/ snorkel (NO paddles)

2300 SCY

A WORKOUT

Warm-Up (1000)

300 FR
200 kick
300 stroke (kick | drill | swim) by 25
200 pull

Pre-Set (800)

4 x { 4 x 25's drill on 40s
50 steady on 1:10
50 build on 1:10

Main Set (1000)

Odd rounds are FR, even rounds are IM:

4 x { 25 (working on breakout with 3 fast strokes) on 30s
50 easy on 1:10
75 as (25 fast | 25 easy | 25 fast) on 1:30
100 (middle 50 is strong) on 2:00
1:00 rest

Cooldown Set (400)

2 x { 4 x 25's choice on 45s
100 pull on 1:45

3200 SCY

B WORKOUT

Warm-Up (700)

200 FR
150 kick
200 stroke (drill | swim) by 25
150 pull

Pre-Set (600)

3 x { 4 x 25's drill on 50s
50 steady on 1:30
50 build on 1:30

Main Set (750)

Odd rounds are FR, even round is IM:

3 x { 25 (working on breakout with 3 fast strokes) on 45s
50 easy on 1:40
75 as (25 fast | 25 easy | 25 fast) on 2:45
100 (middle 50 is strong) on 3:00
1:00 rest

Cooldown Set (300)

2 x { 4 x 25's choice on 45s
50 pull on 1:45

2350 SCY

A WORKOUT

Warm-Up (600)

300 swim
200 kick
100 scull

Pre-Set (1100)

5 x { 4 x 25's on 40s
- Odd rounds kick, even
rounds scull

10 x 50's FR drill (w/ fins) on 60s
- 25 sailboat | 25 6-kick switch

Main Set (1200)

6 x { 4 x 50's on 45s
- Working on 200 race pace
- 3 rounds w/ fins, 3 w/out
2:00 rest

Cooldown Set

8 x 50's pull (w/ paddles) w/ 20s rest

3300 SCY

B WORKOUT

Warm-Up (600)

300 swim
200 kick
100 scull

Pre-Set (1100)

4 x { 4 x 25's on 45s
- Odd rounds kick, even
rounds scull

8 x 50's FR drill (w/ fins) on 1:10
- 25 sailboat | 25 6-kick switch

Main Set (1200)

4 x { 4 x 50's on 55s
- Working on 200 race pace
- 2 rounds w/ fins, 2 w/out
2:00 rest

Cooldown Set

8 x 50's pull (w/ paddles) w/ 20s rest

3300 SCY

A WORKOUT

Warm-Up (600)

200 FR

200 stroke (kick | drill) by 25

200 kick

Main Set (2400)

4 x 200's on 3:00

- Odds swim, evens pull

4 x 150's IM w/ 40s rest

- 2nd 75 will be all FR

4 x 100's FR on 1:40

- Middle 50 is STRONG

4 x 75's w/ 30s rest

- 1st & 3rd 25 are non-FR

4 x 50's best average on 50s

Cooldown: 300 choice

3300 SCY

B WORKOUT

Warm-Up (600)

200 FR

200 stroke (kick | drill) by 25

200 kick

Main Set (1700)

4 x 150's on 3:00

- Odds swim, evens pull

4 x 100's IM w/ 40s rest

- Replace worst stroke w/ FR

4 x 75's FR on 1:40

- Middle 25 is STRONG

4 x 50's (25 FR | 25 non-FR) w/
30s rest

4 x 25's best average on 50s

Cooldown: 200 choice

2400 SCY

A WORKOUT

Warm-Up: 600 choice

Pre-Set (900)

12 x 25's (w/ fins) on 1:15

- Thunders thighs at the wall for 15s, then turn & swim (build) 25

12 x 50's IM order on 1:15

- Drill | swim (perfect technique) by 25

Main Set (1500)

5 x {
Modified 200 IM on 3:15
- 25 stroke (FAST) | 25
recovery FR
100 pull on 2:30

Cooldown Set (400)

4 x 50's pull on 1:00

100 kick

4 x 25's scull on 45s

3400 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (700)

12 x 25's (w/ fins) on 1:15

- Thunders thighs at the wall for 15s, then turn & swim (build) 25

8 x 50's IM order on 1:30

- Drill | swim (perfect technique) by 25

Main Set (1000)

4 x {
Modified 200 IM w/ 30s rest
- 25 stroke (FAST) | 25
recovery FR
100 pull on 3:00

Cooldown Set (400)

4 x 50's pull on 1:10

100 kick

4 x 25's scull on 45s

2500 SCY

A WORKOUT

Warm-Up (600)

300 swim
200 kick
100 scull

Pre-Set (1600)

4 x $\left\{ \begin{array}{l} 8 \text{ x } 25\text{'s kick (w/ fins) on } 30\text{s} \\ - \text{ Odd rounds FL w/} \\ \text{kickboard, even rounds BK} \end{array} \right.$

16 x 50's on 1:10

#1-8: 25 FL drill | 25 BK swim

#9-16: 25 FL swim | 25 BK drill

Main Set (900)

Odd rounds FL, evens BK:

2 x $\left\{ \begin{array}{l} 6 \text{ x } 75\text{'s on } 1:30 \\ - 25 \text{ stroke (FAST) | } 25 \\ \text{recovery FR | } 25 \text{ stroke} \\ \text{(FAST)} \end{array} \right.$

Cooldown: 300 choice

3400 SCY

B WORKOUT

Warm-Up (600)

300 swim
200 kick
100 scull

Pre-Set (1200)

4 x $\left\{ \begin{array}{l} 6 \text{ x } 25\text{'s kick (w/ fins) on } 35\text{s} \\ - \text{ Odd rounds FL w/} \\ \text{kickboard, even rounds BK} \end{array} \right.$

12 x 50's on 1:20

#1-6: 25 FL drill | 25 BK swim

#7-12: 25 FL swim | 25 BK drill

Main Set (600)

Odd rounds FL, evens BK:

2 x $\left\{ \begin{array}{l} 4 \text{ x } 75\text{'s on } 1:40 \\ - 25 \text{ stroke (FAST) | } 25 \\ \text{recovery FR | } 25 \text{ stroke} \\ \text{(FAST)} \end{array} \right.$

Cooldown: 200 choice

2600 SCY

A WORKOUT

Warm-Up: 500 choice

Main Set (2000)

Odd rounds FR, evens non-FR:

4 x {
10 x 50's on 1:10
#1-3: kick (fins optional)
4-6: drill
7-8: build
9-10: swim (FAST)
1:00 rest

10 turns: 5 FR, 5 non-FR

Cooldown Set (900)

3 x {
100 pull (breathing every 3)
on 1:30
2 x 50's choice as (25 scull
| 25 swim) on 60s
4 x 25's choice (ascending
1-4) on 40s

3400 SCY

B WORKOUT

Warm-Up: 400 choice

Main Set (1500)

Odd rounds FR, evens non-FR:

3 x {
10 x 50's on 1:20
#1-3: kick (fins optional)
4-6: drill
7-8: build
9-10: swim (FAST)
1:00 rest

10 turns: 5 FR, 5 non-FR

Cooldown Set (900)

3 x {
100 pull (breathing every 3)
on 1:40
2 x 50's choice as (25 scull
| 25 swim) on 1:10
4 x 25's choice (ascending
1-4) on 40s

2800 SCY

A WORKOUT

Warm-Up: 600 SIP

Main Set (2600)

8 x 100's FR on 1:40

- 1 easy | 2 strong | 2 easy |
3 fast

7 x 100's BK kick (w/ fins)
on 1:40

- 3 underwater kicks off of
each wall

6 x 100's pull (w/ paddles)
on 1:40

- Breathing every 3

5 x 100's IM (w/ fins) on
1:40

Cooldown: 200 choice

3400 SCY

B WORKOUT

Warm-Up: 400 SKIP

Main Set (1800)

6 x 100's FR on 2:20

- 1 easy | 2 strong | 1 easy |
2 fast

5 x 100's BK kick (w/ fins)
on 2:20

- 3 underwater kicks off of
each wall

4 x 100's pull (w/ paddles)
on 2:20

- Breathing every 3

3 x 100's IM (w/ fins) on
2:20

Cooldown: 200 choice

2400 SCY

A WORKOUT

Warm-Up (1600)

400 FR

300 IM (kick | drill | swim) by 25

200 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 (1600)

12 x 50's FR (FAST)

- Interval starts at 1:25 and decreases by 5s each 50 until you can't make it; hold last interval successfully completed
- Fins optional

200 easy

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 easy

12 x 25's non-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

Cool Down: 200 choice

3400 SCY

B WORKOUT

Warm-Up (1100)

300 FR

200 IM (drill | swim) by 25

100 best-stroke (drill | swim) by 25

4 x 50's kick w/ 15s rest

6 x 50's build w/ 20s rest

- 4 IM order | 4 FR

Main Set (1200)

10 x 50's FR (FAST)

- Interval starts at 1:40 and decreases by 5s each 50 until you can't make it; hold last interval successfully completed
- Fins optional

100 easy

10 x 25's 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 easy

10 x 25's non-FR (FAST)

- Interval starts at 1:35 and decreases by 5s each 25 until you can't make it; hold last interval successfully completed
- Fins optional

Cool Down: 200 choice

2500 SCY

A WORKOUT

Warm-Up (1200)

3 x $\left\{ \begin{array}{l} 200 \text{ FR} \\ 100 \text{ IM} \\ 50 \text{ kick} \\ 50 \text{ scull} \end{array} \right.$

Pre-Set

8-minute kick (fins optional): 60s
fast | 30s easy
- Last 1:00 easy

200 pull

Main Set (1800)

3 rounds of [8 x 75's on 1:20]
- Round 1: FR
- Round 2: IM as FL | BK | BR
by 25, then BK | BR | FR,
etc.
- Round 3: best stroke

Cooldown: 200 choice

3400 SCY (excluding kick)

B WORKOUT

Warm-Up (800)

2 x $\left\{ \begin{array}{l} 200 \text{ FR} \\ 100 \text{ IM} \\ 50 \text{ kick} \\ 50 \text{ scull} \end{array} \right.$

Pre-Set

8-minute kick (fins optional): 60s
fast | 30s easy
- Last 1:00 easy

200 pull

Main Set (900)

3 rounds of [4 x 75's on 1:50]
- Round 1: FR
- Round 2: IM as FL | BK | BR
by 25, then BK | BR | FR,
etc.
- Round 3: best stroke

Cooldown: 200 choice

2100 SCY (excluding kick)

A WORKOUT

Warm-Up: 2 x 500 SKIPS

Pre-Set (800)

8 x 125's pull on 2:15
- 75 DPS | 50 ascend

100 double-arm BK

Main Set (800)

200 FR (STRONG) Breakdown:

- 200 on 3:00
- 2 x 100's on 1:30
- 4 x 50's on 45s
- 8 x 25's on 35s

Cooldown Set (600)

200 BK
200 pull
200 kick

3500 SCY

B WORKOUT

Warm-Up: 2 x 400 SKIP

Pre-Set (800)

6 x 125's pull on 3:00
- 75 DPS | 50 ascend

50 double-arm BK

Main Set (800)

200 FR (STRONG) Breakdown:

- 200 on 5:00
- 2 x 100's on 2:30
- 4 x 50's on 1:15
- 8 x 25's on 40s

Cooldown Set (300)

100 BK
100 pull
100 kick

2700 SCY

A & B – Jordan's Birthday Special

Warm-Up: 500 choice

Pre-Set (900)

35 x 25's FR on 45s

#1-5: descending

#6-10: ascending

#11-15: DPS

#16-20: ascending

#21-25: descending

#26-30: ascending

#31-35: DPS

25 double-arm BK

Jordan's Birthday Special (1750)

35 x 50's* as [5 rounds of 7 x 50's (choice of equipment)]

* B group: 25's instead of 50's when necessary

- Round 1: 25 underwater | 25 choice on 1:20
- Round 2: IM on 1:10
- Round 3: kick or pull on 60s
- Round 4: BK on 60s
- Round 5: FR @ 200 race pace on 45s

Cooldown: 350 choice

3500 SCY

A WORKOUT

Warm-Up (900)

3 x { 150 FR
100 IM
50 scull

Pre-Set (400)

8 x 50's on 1:20

- Odds FR (build to sprint),
evens non-FR (3 STRONG
strokes off each wall)

Main Set (2000)

5 x { 200 FR on 3:00
- Build each 100 of the 200
100 pull (breathing every 3)
on 1:40
100 recovery kick on 2:00

Cooldown: 200 choice

3500 SCY

B WORKOUT

Warm-Up (900)

3 x { 150 FR
100 IM
50 scull

Pre-Set (300)

6 x 50's on 1:40

- Odds FR (build to sprint),
evens non-FR (3 STRONG
strokes off each wall)

Main Set (1000)

5 x { 100 FR on 3:00
- Build each 50 of the 100
50 pull (breathing every 3)
on 1:40
50 recovery kick on 2:00

Cooldown: 200 choice

2400 SC

A WORKOUT

Warm-Up (800)

2 x { 200 FR
100 IM
50 kick
50 scull

Pre-Set (800)

8 x 75's kick (w/ fins) on 1:20
1-4: 1st & 3rd 25 are FAST
5-8: middle 25 is FAST

200 pull

Main Set (1650)

3 x { 6 x 25's FL w/ 10s rest
- 3 dolphin kicks off the wall

3 x 50's BK w/ 15s rest
- Descend 1-3

2 x 75's BR w/ 20s rest
- Working on long glides

100 FR @ 90% effort

1:00 rest

Cooldown: 250 choice

3500 SCY

B WORKOUT

Warm-Up (500)

2 x { 100 FR
100 IM
25 kick
25 scull

Pre-Set (550)

6 x 75's kick (w/ fins) on 1:20
1-3: 1st & 3rd 25 are FAST
4-6: middle 25 is FAST

100 pull

Main Set (1100)

2 x { 6 x 25's FL w/ 10s rest
- 3 dolphin kicks off the wall

3 x 50's BK w/ 15s rest
- Descend 1-3

2 x 75's BR w/ 20s rest
- Working on long glides

100 FR @ 90% effort

1:00 rest

Cooldown: 150 choice

2300 SCY

A WORKOUT

Warm-Up: 500 FR

Pre-Set (800)

12 x 50's kick w/ fins on 60s
- #3, 6, 9, & 12 are FAST

200 pull (breathing every 3)

Main Set (1600)

4 x $\left\{ \begin{array}{l} 8 \text{ x } 50\text{'s swim on } 1:10 \\ - 2 \text{ easy} \\ - 4 \text{ build} \\ - 1 \text{ easy} \\ - 1 \text{ all-out} \\ \\ 1:00 \text{ rest} \end{array} \right.$

Cooldown Set (600)

6 x 100's pull on 1:40

3500 SCY

B WORKOUT

Warm-Up: 400 FR

Pre-Set (500)

8 x 50's kick w/ fins on 1:15
- #2, 4, 6, & 8 are FAST

100 pull (breathing every 3)

Main Set (1200)

4 x $\left\{ \begin{array}{l} 6 \text{ x } 50\text{'s swim on } 1:25 \\ - 2 \text{ easy} \\ - 2 \text{ build} \\ - 1 \text{ easy} \\ - 1 \text{ all-out} \\ \\ 1:00 \text{ rest} \end{array} \right.$

Cooldown Set (400)

4 x 100's pull on 1:50

2500 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (900)

4 x { 3 x 75's as (50 FR | 25 stroke) on 1:20
- 25 stroke is IM order by round
1:00 rest

Main Set (1600)

4 x { 2 x 100's FR on 1:30
2 x 75's IM (FL | BK | BR or BK | BR | FR) on 1:30
50 FAST (IM order by round)
2:00 rest

Cooldown: 200 choice

3500 SCY

B WORKOUT

Warm-Up: 600 SKI

Pre-Set (600)

4 x { 3 x 50's as (25 FR | 25 stroke) on 1:20
- 25 stroke is IM order by round
1:00 rest

Main Set (1200)

4 x { 1 x 100 FR on 2:10
2 x 75's IM (FL | BK | BR or BK | BR | FR) on 1:50
50 FAST (IM order by round)
2:00 rest

Cooldown: 200 choice

2600 SCY

A WORKOUT

Warm-Up: 800 SKIP

Main Set (2400)

For this set:

All pulls are moderate w/ paddles

All kicks are build w/ fins

All swims are strong w/ fins & paddles

100 pull on 1:30

2 x 75's kick on 1:10

200 pull on 3:00

3 x 50's kick on 50s

300 pull on 4:30

4 x 25's kick on 30s

400 swim on 6:00

4 x 25's pull on 30s

300 swim on 4:30

3 x 50's pull on 50s

200 swim on 3:00

2 x 75's pull on 1:10

100 swim

Cooldown: 300 choice

3500 SCY

B WORKOUT

Warm-Up: 600 SKP

Main Set (1600)

For this set:

All pulls are moderate w/ paddles

All kicks are build w/ fins

All swims are strong w/ fins & paddles

50 pull on 1:40

2 x 50's kick on 2:00

100 pull on 2:20

2 x 50's kick on 1:45

200 pull on 5:00

4 x 25's kick on 35s

300 swim on 6:00

4 x 25's pull on 35s

200 swim on 5:00

2 x 50's pull on 1:45

100 swim on 2:20

2 x 50's pull on 2:00

50 swim

Cooldown: 200 choice

2400 SCY

A WORKOUT

Warm-Up: 400 choice

Pre-Set (750)

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

10 x 25's kick on 35s

Main Set (2000)

Broken 200 Key:

100 steady with 15s rest

50 build with 10s rest

50 fast

10 rounds of [Broken 200's with
1:00 rest after each round]

- Odd rounds FR, even rounds
non-FR

Cooldown: 350 pull (w/ snorkel)

3500 SCY

B WORKOUT

Warm-Up: 300 choice

Pre-Set (600)

8 x 50's pull w/ 20s rest
- Breathing every 3 & 5

8 x 25's kick w/ 15s rest

Main Set (1500)

Broken 150 Key:

50 steady with 15s rest

50 build with 10s rest

50 fast

10 rounds of [Broken 150's with
1:00 rest after each round]

- Odd rounds FR, even rounds
non-FR

Cooldown: 200 pull (w/ snorkel)

2600 SCY