

A – Emily's Birthday Special

Warm-Up: 2 x 300 SKP

Pre-Set (2100)

5 x 100's FR DPS on 1:40

5 x 100's IM on 1:50

5 x 100's pull (w/ paddles) on 1:30

5 x 100's FR on 1:30

100 easy

Main Set (675)

27 x 25's (w/ fins) as follows:

- 5 under water on 45s
- 5 surf kick on 45s
- 5 stroke on 40s
- 5 fast on 30s
- 5 corkscrew backwards FR on 60s
- 2 ALL-OUT (1 FR | 1 stroke)

Cooldown: 225 choice

3600 SCY

B – Emily's Birthday Special

Warm-Up: 2 x 300 SKP

Pre-Set (1550)

5 x 75's FR DPS on 1:40

5 x 75's IM on 1:50

5 x 75's pull (w/ paddles) on 1:30

5 x 75's FR on 1:30

50 easy

Main Set (675)

27 x 25's (w/ fins) as follows:

- 5 under water on 45s
- 5 surf kick on 45s
- 5 stroke on 40s
- 5 fast on 30s
- 5 corkscrew backwards FR on 60s
- 2 ALL-OUT (1 FR | 1 stroke)

Cooldown: 175 choice

3000 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (1800)

6 x 100's pull (w/ paddles) w/ 25s rest
- Breathing every 3

6 x 100's kick (w/ fins) w/ 25s rest
- 50 FR side kick | 25 BK | 25 FL

6 x 100's FR (w/ fins) on 1:40
- Ascending each 100

Main Set (1100)

For this set:

- All FR build (fins optional)
- 20s rest after each distance (no additional rest between rounds except to get on/off fins)

2 x $\left(\begin{array}{l} 25 \\ 50 \\ 100 \\ 200 \\ 100 \\ 50 \\ 25 \end{array} \right)$

Cooldown: 200 choice

3600 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (1350)

6 x 75's pull (w/ paddles) w/ 25s rest
- Breathing every 3

6 x 75's kick (w/ fins) w/ 25s rest
- 25 FR side kick | 25 BK | 25 FL

6 x 75's FR (w/ fins) on 1:40
- Ascending each 75

Main Set (800)

For this set:

- All FR build (fins optional)
- 20s rest after each distance (no additional rest between rounds except to get on/off fins)

2 x $\left(\begin{array}{l} 25 \\ 50 \\ 75 \\ 100 \\ 75 \\ 50 \\ 25 \end{array} \right)$

Cooldown: 150 choice

2700 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (400)

16 x 25's IM order on 35s

- Breakout at 1st white mark

Main Set (2500)

For this set (all FR):

25's: max distance under water on 35s

50's: 4 fast strokes off each wall on 1:10

75's: DPS on 1:45

100's: ascend each 50 on 2:10

150's: easy | fast | easy by 25 on 2:45

200: pull on 3:10

4 x 25's

3 x 50's

2 x 75's

1 x 100

2 x 75's

3 x 50's

4 x 25's

3 x 50's

2 x 100's

1 x 200

2 x 150's

3 x 100's

4 x 50's

5 x 25's (FOR TIME) w/ 25 recovery

Cooldown: 200 choice

3600 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (300)

12 x 25's IM order on 45s

- Breakout at 1st white mark

Main Set (1950)

For this set:

25's: max distance under water on 45s

50's: DPS on 1:20

75's: ascend each 25 on 2:00

100's: pull on 2:40

4 x 25's

3 x 50's

2 x 75's

1 x 100

2 x 75's

3 x 50's

4 x 25's

3 x 50's

2 x 75's

1 x 100

2 x 75's

3 x 50's

4 x 25's

5 x 25's (FOR TIME) w/ 25 recovery

Cooldown: 150 choice

2800 SCY

A & B WORKOUT

Warm-Up: 500 choice

Pre-Set (400)

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

- 25 under water | 25 FL kick on your back

Main Set (2400)

12 rounds of [8 x 25's]

- Intervals starts on 45s & decreases by 5s after every 2 rounds (i.e., last 2 rounds on 20s)
- Odds rounds kick, evens swim
- See how long you can go before putting on fins
- Once you start missing the interval, the remaining 25's become continuous

Cooldown: 300 choice

3600 SCY

A WORKOUT

Warm-Up (1000)

400 swim
300 kick
200 drill
100 scull

Pre-Set (1100)

16 x 50's FR DPS (count # of strokes per 25) on 60s

#1-8: pull (NO paddles)

#9-16: swim

12 x 25's choice on 40s

- Breakout at 1st white mark w/ 3 fast strokes

Main Set (1500)

3 x 400's w/ 2:00 rest

- 1 pull (w/ paddles) | 1 swim | 1 swim (any equipment)

6 x 25's FR from the middle (working on turns)

Cooldown: 150 choice

3600 SCY

B WORKOUT

Warm-Up (700)

300 swim
200 kick
100 drill
100 scull

Pre-Set (800)

12 x 50's FR DPS (count # of strokes per 25) on 1:15

#1-6: pull (NO paddles)

#7-12: swim

8 x 25's choice on 45s

- Breakout at 1st white mark w/ 3 fast strokes

Main Set (1050)

3 x 300's w/ 2:00 rest

- 1 pull (w/ paddles) | 1 swim | 1 swim (any equipment)

6 x 25's FR from the middle (working on turns)

Cooldown: 150 choice

2700 SCY

A WORKOUT

Warm-Up: 600 choice

Pre-Set (1700)

8 x 75's kick (w/ fins) or pull (w/ paddles) on 1:25

8 x 25's drill IM order on 40s

8 x 75's FR on 1:15
- 25 build | 25 easy | 25 fast

8 x 25's IM order (perfect stroke) on 40s

100 easy

Main Set (1000)

10 x 100's best average on 2:30
- 5 IM & 5 FR
- Extra 2 minutes rest after 5

Cooldown: 300 choice

3600 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (1200)

6 x 75's kick (w/ fins) or pull (w/ paddles) on 1:45

4 x 25's drill IM order on 45s

6 x 75's FR on 1:35
- 25 build | 25 easy | 25 fast

4 x 25's IM order (perfect stroke) on 45s

100 easy

Main Set (800)

8 x 100's best average w/ 45s rest
- 4 IM & 4 FR
- Extra 2 minutes rest after 4

Cooldown: 300 choice

2700 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (800)

8 x 100's pull (w/ paddles & snorkel) on 1:45

Main Set (1725)

400 swim (50 FR | 50 stroke)
- 50 stroke is IM order

4 x 100's w/ fins (25 kick | 75 swim) on 1:45
- Alternating FR & non-FR

2 x 200's swim (25 FR | 25 stroke)
- 25 stroke is IM order

21 x 25's choice on 35s

Cooldown: 275 choice

3600 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (600)

8 x 75's pull (w/ paddles & snorkel) on 1:15

Main Set (1000)

200 swim (25 FR | 25 stroke)
- 25 stroke is IM order

4 x 75's w/ fins (25 kick | 50 swim) on 1:45
- Alternating FR & non-FR

200 swim (25 FR | 25 stroke)
- 25 stroke is IM order

16 x 25's choice on 45s

Cooldown: 200 choice

2500 SCY

A WORKOUT

Warm-Up (700)

300 FR
200 IM
100 kick
100 scull

Pre-Set (700)

7 x [4 x 25's Quarter Sprints on 40s]
- 1st 25 you sprint $\frac{1}{4}$ of the way,
2nd 25 is $\frac{1}{2}$, then $\frac{3}{4}$, etc.

Main Set (2000)

4 x 200's pull (paddles & snorkel
optional) on 3:20
- 75 smooth | 75 strong | 50 smooth

4 x 150's IM as [100 IM | 50 stroke
(drill) IM order] on 3:00

4 x 100's FR on 1:40
- Ascending within each 100

4 x 50's choice (FOR TIME) on 3:00

Cooldown: 200 choice

3600 SCY

B WORKOUT

Warm-Up (500)

200 FR
100 IM
100 kick
100 scull

Pre-Set (500)

5 x [4 x 25's Quarter Sprints on 45s]
- 1st 25 you sprint $\frac{1}{4}$ of the way,
2nd 25 is $\frac{1}{2}$, then $\frac{3}{4}$, etc.

Main Set (1600)

4 x 150's pull (paddles & snorkel
optional) on 3:20
- 50 smooth | 50 strong | 50 smooth

4 x 125's IM as [100 IM | 25 stroke
(drill) IM order] on 3:00

4 x 75's FR on 1:40
- Ascending within each 75

4 x 50's choice (FOR TIME) on 3:00

Cooldown: 200 choice

2800 SCY

A WORKOUT

Warm-Up (700)

2 x { 50 FR
100 BK
200 IM

Pre-Set (600)

12 x 50's FR drill as (25 sailboat | 25 slow arms w/ over-kick) on 1:10

Main Set (2000)

Key: { 200 strong on 2:45
150 steady on 2:00
100 build on 1:20
50 fast w/ on 50s

Round 1 – 200 | 150 | 100 | 50

Round 2 – 150 | 100 | 50

Round 3 – 100 | 50

Round 4 & 5 – 50

Round 6 – 50 | 100

Round 7 – 50 | 100 | 150

Round 8 – 50 | 100 | 150 | 200

Cooldown: 300 choice

3600 SCY

B WORKOUT

Warm-Up (500)

2 x { 50 FR
100 BK
100 IM

Pre-Set (400)

8 x 50's FR drill as (25 sailboat | 25 slow arms w/ over-kick) on 1:30

Main Set (1700)

Key: { 150 strong w/ 25s rest
100 steady w/ 20s rest
50 build w/ 15s rest

Round 1 – 150 | 100 | 100 | 50

Round 2 – 100 | 100 | 50

Round 3 – 100 | 50

Round 4 & 5 – 50

Round 6 – 50 | 100

Round 7 – 50 | 100 | 100

Round 8 – 50 | 100 | 100 | 150

Cooldown: 200 choice

2800 SCY

A WORKOUT

Warm-Up (1000)

400 choice
300 pull
200 kick
100 scull

Pre-Set (600)

24 x 25's FR (w/ fins) on 30s
- 12 kick (no kickboard) | 12 swim

Main Set (1800)

500 pull (breathing every 3 & 5 by 50)
*Challenge: 3 | 5 | 7 breathing pattern

10 x 50's swim choice (25 FAST | 25 easy) on 60s

300 pull (breathing every 5)
*Challenge: 5 and 7 breathing pattern

4 x 75's BK (kick | drill | swim by 25)
on 1:40

200 FR (w/ fins & paddles)
- Middle 100 is FAST

Cooldown: 300 choice

3700 SCY

B WORKOUT

Warm-Up (650)

300 choice
200 pull
100 kick
50 scull

Pre-Set (600)

24 x 25's FR (w/ fins) on 30s
- 12 kick (no kickboard) | 12 swim

Main Set (1300)

400 pull (breathing every 3 & 5 by 50)
*Challenge: 3 | 5 | 7 breathing pattern

8 x 50's swim choice (25 FAST | 25 easy) on 1:15

200 pull (breathing every 5)
*Challenge: 5 and 7 breathing pattern

4 x 50's BK (drill | swim by 25) on
1:40

100 FR (w/ fins & paddles)
- Middle 50 is FAST

Cooldown: 150 choice

2700 SCY

A WORKOUT

Warm-Up (1000)

300 FR
200 kick
300 pull
200 IM drill

Main Set (2500)

6 x 200's FR on 3:20
- 75 smooth | 75 build |
50 strong

5 x 150's FR on 2:10
- 50 smooth | 50 build |
50 strong

4 x 100's FR on 1:30
- 25 smooth | 50 build | 25
strong

3 x 50's FR on 50s
- 25 build | 25 strong

Cooldown: 200 choice

3700 SCY

B WORKOUT

Warm-Up (600)

200 FR
100 kick
200 pull
100 IM drill

Main Set (1850)

6 x 150's FR on 3:20
- 50 smooth | 50 build |
50 strong

5 x 100's FR on 2:10
- 25 smooth | 50 build |
25 strong

4 x 75's FR on 1:30
- 25 smooth | 25 build | 25
strong

3 x 50's FR (w/ fins) on 50s
- 25 build | 25 strong

Cooldown: 150 choice

2600 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (400)

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

- Odds: at least ½ way under water
- Evens: 2 breaths max

Main Set (2500)

50 x 50's on 50s

#1-10: kick w/ fins

2:00 rest

#11-20: pull w/ paddles

2:00 rest

#21-30: swim (no equipment)

2:00 rest

#31-40: swim w/ fins

2:00 rest

#41-50: swim w/ fins and paddles

Cooldown: 300 choice

3700 SCY

B WORKOUT

Warm-Up: 300 choice

Pre-Set (300)

12 x 25's (w/ fins) on 50s

- Odds: at least ½ way under water
- Evens: 2 breaths max

Main Set (1900)

38 x 50's on 1:10s

#1-7: kick w/ fins

2:00 rest

#8-14: pull w/ paddles

2:00 rest

#15-21: swim (no equipment)

2:00 rest

#22-29: swim w/ fins

2:00 rest

#30-38: swim w/ fins and paddles

Cooldown: 200 choice

2700 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (800)

16 x 50's on 60s

- Ascending 1-8, descending 9-16

Main Set (2000)

For this set:

- 100's are best average
- 2:00 rest after every 5

20 x 100's on 1:40

- #1-5: kick (w/ fins)
- #6-10: pull (w/ paddles)
- #11-15: swim
- #16-20: swim (w/ fins)

Cooldown: 200 choice

3800 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (600)

12 x 50's on 1:15

- Ascending 1-6, descending 7-12

Main Set (1600)

For this set:

- 75's are best average
- 25 recovery after every 5
- 2:00 rest after every 5

20 x 75's on 1:40

- #1-5: kick (w/ fins)
- #6-10: pull (w/ paddles)
- #11-15: swim
- #16-20: swim (w/ fins)

Cooldown: 200 choice

3000 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (1000)

2 x {
200 pull on 3:00
100 FR (breathing every
3) on 1:30
2 x 50's build on 60s
4 x 25's choice
(ascending 1-4) on 35s

Main Set (1800)

8 rounds of [3 x 75's rolling
IM's on 1:25]
- 60s rest after each round

Cooldown: 200 choice

3800 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (700)

2 x {
150 pull on 3:00
100 FR (breathing every
3) on 1:50
50 build on 1:10
2 x 25's choice (build |
sprint) on 35s

Main Set (1350)

6 rounds of [3 x 75's rolling
IM on 1:50]
- 60s rest after each round

Cooldown: 150 choice

2800 SCY

A WORKOUT

Warm-Up: 800 SKIP

Main Set (2000)

4 x 200's pull (w/ paddles & snorkel) on 3:00

600 swim (100 FR | 50 stroke)

- 50 stroke is IM order

4 x 100's (25 kick | 75 strong) on 2:00

- All FR or best-stroke

400 swim (50 stroke | 50 FR)

- 50 stroke is IM order

8 x 50's choice swim on 1:00

- 8 of the strongest strokes you can take, then easy

Cooldown Set (400)

4 x 50's easy kick w/ 10s rest

200 choice

3800 SCY

B WORKOUT

Warm-Up: 600 SKP

Main Set (1600)

4 x 125's pull (w/ paddles & snorkel) on 3:00

400 swim (50 FR | 50 stroke)

- 50 stroke is IM order

4 x 75's (25 kick | 50 strong) on 2:00

- All FR or best-stroke

200 swim (25 stroke | 25 FR)

- 25 stroke is IM order

8 x 50's choice swim on 1:20

- 8 of the strongest strokes you can take, then easy

Cooldown Set (400)

4 x 50's easy kick w/ 10s rest

200 choice

2800 SCY

A WORKOUT

Warm-Up: 600 SKI

Pre-Set (900)

8 x 50's kick (NO kickboards & w/ fins) on 60s

- 3 dolphin kicks off each wall

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

- Starting w/ 5 breaths max per 25 of the first 2 x 50's, descend # of breaths by 1 every 2 x 50's

100 easy

Main Set (2000)

4 x { 4 x 100's FR on 1:40
#1-2: steady
#3: descend
#4: ascend
1:00 rest
100 FR (w/ fins) FAST
2:00 rest

Cooldown: 300 choice

3800 SCY

B WORKOUT

Warm-Up: 400 SKIP

Pre-Set (700)

6 x 50's kick (NO kickboards & w/ fins) w/ 20s rest

- 2 dolphin kicks off each wall

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

- Starting w/ 5 breaths max per 25 of the first 2 50's, descend # of breaths by 1 every 2 50's

100 easy

Main Set (1400)

4 x { 4 x 50's FR on 1:40
#1-2: steady
#3: descend
#4: ascend
1:00 rest
50 FR (w/ fins) FAST
2:00 rest

Cooldown: 200 choice

2700 SCY

A WORKOUT

Warm-Up (700)

200 FR

300 (kick | drill | swim) by 25

200 kick

Pre-Set (1200)

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

#1-8: max under water kick s off
each wall

#9-16: build to sprint

Main Set (1500)

*All pull (paddles & snorkel
optional):*

- *Working to maintain a
consistent 100 pace throughout*
- *2:00 rest after each distance*

500

400

300

200

100

Cooldown: 200 choice

3900 SCY

B WORKOUT

Warm-Up (450)

150 FR

150 (kick | drill | swim) by 25

150 kick

Pre-Set (750)

10 x 75's kick (w/ fins) on 1:50

#1-5: max under water kicks off
each wall

#6-10: build to sprint

Main Set (1500)

*All pull (paddles & snorkel
optional):*

- *Working to maintain a
consistent 100 pace throughout*
- *2:00 rest after each distance*

500

400

300

200

100

Cooldown: 200 choice

2900 SCY

A WORKOUT

Warm-Up (1200)

1000 SKIPS

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

Main Set (2400)

8 x 300's FR (best
average) on 5:00

- 2 w/ out paddles | 2 w/
paddles | 2 w/out | 2 w/

Cooldown Set (400)

8 x 50's choice on 1:30

4000 SCY

B WORKOUT

Warm-Up (900)

800 SKIP

4 x 25's stroke (FAST) on
40s

Main Set (1200)

8 x 150's FR (best
average) on 5:00

- 2 w/ out paddles | 2 w/
paddles | 2 w/out | 2 w/

Cooldown Set (400)

8 x 50's choice on 1:30

2500 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (1500)

12 x 50's pull (w/ paddles) on 60s
- Breathing every 3

12 x 75's FR on 1:40
#1-4: kick | drill | swim by 25
#5-8: drill | swim | kick by 25
#9-12: swim | kick | drill by 25

Main Set (1800)

*For this set:
3rd round can be pull or with fins*

3 x { 2 x 200's FR DPS on 3:00
- 3rd 50 is FAST

2 x 100's FR DPS on 1:35
- 3rd 25 is FAST

1:00 rest

Cooldown: 200 choice

4000 SCY

B WORKOUT

Warm-Up: 500 choice

Pre-Set (1100)

10 x 50's pull (w/ paddles) on 1:10
- Breathing every 3

8 x 75's FR on 2:00
#1-2: kick | drill | swim by 25
#3-6: drill | swim | kick by 25
#7-8: swim | kick | drill by 25

Main Set (900)

*For this set:
3rd round can be pull or with fins*

3 x { 2 x 100's FR DPS on 2:10
- 3rd 50 is FAST

2 x 50's FR DPS on 1:20
- 2nd 25 is FAST

1:00 rest

Cooldown: 200 choice

2700 SCY

A WORKOUT

Warm-Up (1000)

2 x 500 SKIPS

Pre-Set (1800)

12 x 75's kick (w/ fins) on 1:20
- Middle 25 is FAST

12 x 50's IM order (w/ fins) on 60s
- 3 of each stroke

12 x 25's swim choice on 40s
- FAST to 1/2 way

Main Set (900)

3 x $\left\{ \begin{array}{l} 3 \text{ x } 100\text{'s swim w/ } 25\text{s rest} \\ \#1: 1^{\text{st}} 50 \text{ is FAST} \\ \#2: \text{Middle } 50 \text{ is FAST} \\ \#3: 2^{\text{nd}} 50 \text{ is FAST} \\ 1:00 \text{ rest} \end{array} \right.$

Cooldown: 300 choice

4000 SCY

B WORKOUT

Warm-Up (800)

2 x 400 SKIP

Pre-Set (1200)

8 x 75's kick (w/ fins) on 1:30
- Middle 25 is FAST

8 x 50's IM order (w/ fins) on 1:10
- 2 of each stroke

8 x 25's swim choice on 45s
- FAST to 1/2 way

Main Set (600)

2 x $\left\{ \begin{array}{l} 3 \text{ x } 100\text{'s swim w/ } 25\text{s rest} \\ \#1: 1^{\text{st}} 50 \text{ is FAST} \\ \#2: \text{Middle } 50 \text{ is FAST} \\ \#3: 2^{\text{nd}} 50 \text{ is FAST} \\ 1:00 \text{ rest} \end{array} \right.$

Cooldown: 200 choice

2800 SCY

A WORKOUT

Warm-Up: 1000 SKIPS

Main Set (2400)

8 rounds of [10 x 25's FR @
100-200 race pace]

- Interval starts at 60s and will decrease by 5s each round, so the last round is on 25s
- 50 double-arm BK between rounds; 100 after round 7

Cooldown Set (600)

3 x 100's pull w/ 30s rest
200 social kick
100 double-arm BK

4000 SCY

B WORKOUT

Warm-Up: 600 SKP

Main Set (2400)

8 rounds of [10 x 25's FR @
100-200 race pace]

- Interval starts at 55s and will decrease by 5s each round, so the last round is on 20s
- 50 double-arm BK between rounds; 100 after round 7

Cooldown Set (400)

2 x 100's pull w/ 30s rest
100 social kick
100 double-arm BK

3400 SCY

A WORKOUT

Warm-Up (600)

2 x $\left\{ \begin{array}{l} 100 \text{ FR} \\ 100 \text{ IM} \\ 100 \text{ non-FR} \end{array} \right.$

Pre-Set (600)

12 x 50's IM order (w/ fins) on 50s

- Drill | swim by 25
- For BR: BR pull w/ flutter kick for drill, BR pull w/ fly kick for swim

Main Set (2400)

6 x $\left\{ \begin{array}{l} 100 \text{ FR on 1:25} \\ 100 \text{ IM on 1:45} \\ 100 \text{ FR on 1:25} \\ 100 \text{ stroke (FAST)} \\ 2:00 \text{ rest} \end{array} \right.$

Cooldown Set (400)

8 x 50's FR pull (w/ snorkel) on 60s

4000 SCY

B WORKOUT

Warm-Up (500)

2 x $\left\{ \begin{array}{l} 100 \text{ FR} \\ 100 \text{ IM} \\ 50 \text{ non-FR} \end{array} \right.$

Pre-Set (400)

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

- Drill | swim by 25
- For BR: BR pull w/ flutter kick for drill, BR pull w/ fly kick for swim

Main Set (1800)

6 x $\left\{ \begin{array}{l} 75 \text{ FR w/ on 1:50} \\ 100 \text{ IM on 2:30} \\ 75 \text{ FR w/ on 1:50} \\ 50 \text{ stroke (FAST)} \\ 2:00 \text{ rest} \end{array} \right.$

Cooldown Set (300)

6 x 50's FR pull (w/ snorkel) on 1:15

3000 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (900)

12 x 75's kick (w/ fins) on 1:15

#1-6: 1st and 3rd 25 are fast

#7-12: 2nd 25 is fast

Main Set (2400)

3 x {
8 x 75's FR on 1:20
- Working on DPS and counting # of strokes
- Try to reduce stroke count by 1 2nd and 3rd round
200 pull on 3:20
- Alternating 50 DPS | 50 build

Cooldown Set (400)

2 x {
50 FR
100 BK
50 double-arm BK

4000 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (600)

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

#1-4: 1st and 3rd 25 are fast

#5-8: 2nd 25 is fast

Main Set (1650)

3 x {
6 x 75's FR on 1:50
- Working on DPS and counting # of strokes
- Try to reduce stroke count by 1 2nd round and 3rd
100 pull on 2:20
- Alternating 25 DPS | 25 build

Cooldown Set (300)

2 x {
50 FR
50 BK
50 double-arm BK

3000 SCY

A WORKOUT

Warm-Up (600)

300 choice
200 kick
100 scull

Main Set (3300)

- All FR (steady) w/ 15s seconds after each distance
- Working on maintaining mile pace, i.e., the 1st 25 of the 275 should be just as fast as the last 25
- 275 → 25: swim; 25 → 275: pull w/ paddles (snorkel optional) OR kick w/ fins
- 2:00 rest between 25's

275
250
225
200
175
150
125
100
75
50
25
25
50
75, etc.

Cooldown: 200 choice

4100 SCY

B WORKOUT

Warm-Up (500)

200 choice
200 kick
100 scull

Main Set (2250)

- All FR (steady) w/ 15s seconds after each distance
- Working on maintaining mile pace, i.e., the 1st 25 of the 275 should be just as fast as the last 25
- 225 → 25: swim; 25 → 225: pull w/ paddles (snorkel optional) OR kick w/ fins
- 2:00 rest between 25's

225
200
175
150
125
100
75
50
25
25
50
75, etc.

Cooldown: 150 choice

2900 SCY

A WORKOUT

Warm-Up: 500 choice

Pre-Set (600)

12 x 50's FR (25 drill | 25 build) on 1:10

Main Set (2900)

500 pull (w/ paddles) on 7:20

400 FR as [50 easy | 100 build | 50 fast]
on 5:50

300 FR (middle 200 is strong) on 4:20

200 FR (build to fast) on 2:50

100 easy on 3:00

200 FR (build to sprint) on 2:40

300 FR (1st and 3rd 100 are strong) on
4:10

400 as [50 easy | 50 build | 100 fast] on
5:40

500 pull (w/ paddles)

Cooldown: 200 choice

4200 SCY

B WORKOUT

Warm-Up: 400 choice

Pre-Set (500)

10 x 50's FR (25 drill | 25 build) on 1:20

Main Set (2900)

400 pull (w/ paddles) on 7:20

300 FR as [50 easy | 50 build | 50 fast]
on 5:50

200 FR (middle 100 is strong) on 4:20

100 FR (build to fast) on 2:50

100 easy on 3:00

100 FR (build to sprint) on 2:40

200 FR (1st and 4th 50 are strong) on 4:10

300 as [50 easy | 50 build | 50 fast] on
5:40

400 pull (w/ paddles)

Cooldown: 200 choice

3200 SCY

A WORKOUT

Warm-Up: 2 x 500 SKIPS

Main Set (3000)

2 x 400's (50 kick strong | 50 swim) w/ 30s rest

- Fins optional

3 x 300's pull (paddles optional) w/ 20s rest

- Breathing 3 | 5 | 3 by 100

4 x 200's choice swim (steady) on 2:45

5 x 100's FR on 1:35

- Descend 1-3, steady 4, ALL-OUT 5

Cooldown: 200 choice

4200 SCY

B WORKOUT

Warm-Up: 2 x 400 SKIP

Main Set (2000)

2 x 250's (50 kick strong | 50 swim) w/ 30s rest

- Fins optional

3 x 150's pull (paddles optional) w/ 20s rest

- Breathing 3 | 5 | 3 by 100

4 x 100's choice swim (steady) on 2:45

6 x 50's FR on 1:35

- Descend 1-3, steady 4 & 5, ALL-OUT 6

Cooldown: 200 choice

3000 SCY

A WORKOUT

Warm-Up: 1000 SKIP

Pre-Set (300)

8 x 25's from the middle on 1:20

- 45s sec vertical kick, then 12.5 FAST | 12.5 easy

100 pull

Main Set (3000)

All FR DPS:

500 FR on 7:40

2 x 250's on 3:50

4 x 125's on 1:55

5 x 100's on 1:25

10 x 50's on 55s

20 x 25's on 25s

Cooldown: 100 choice

4400 SCY

B WORKOUT

Warm-Up: 800 SKIP

Pre-Set (450)

8 x 50's (25 easy | 25 build) on 2:30

50 pull

Main Set (1800)

All FR DPS:

300 FR on 7:40

2 x 150's on 3:50

3 x 100's on 2:45

4 x 75's on 1:45

6 x 50's on 1:15

12 x 25's on 35s

Cooldown: 100 choice

3150 SCY

A WORKOUT

Warm-Up: 800 SKIP

Pre-Set (300)

- 12 x 25's (w/ fins) on 40s
- Odds underwater, evens ascending

Main Set (3000 or 2400)

- 30 x 100's on 1:20 or 24 x 100's on 1:30
- 10/8 pull | 10/8 swim | 10/8 pull
 - All best average
 - 30s rest between sets of 10/8 to change gear

Cooldown: 300 choice

4400 or 3800 SCY

B WORKOUT

Warm-Up: 600 SKP

Pre-Set (300)

- 12 x 25's (w/ fins) on 40s
- Odds underwater, evens ascending

Main Set (2250 or 1800)

- 30 x 75's on 1:20 or 18 x 100's on 1:50
- 10/6 pull | 10/6 swim | 10/6 pull
 - All best average
 - 30s rest between sets of 10/6 to change gear

Cooldown: 200 choice

3350 or 2900 SCY