

Warm up:

400 swim @ 15 seconds rest
300 D/S by 50 IM order (no free) @ 15 seconds rest
300 kick @ 15 seconds rest
200 swim
(1200)

Set One:

400 pull @ b -15
4 x 50 swim, breathe every 7 @ b +15
300 swim @ b -10
4 x 50 swim, breathe every 5 @ b +15
200 kick @ kb +10
4 x 50 swim, breathe every 5 @ b +15
100 w/ buoy, 25 scull/25 swim @ b +1:00
4 x 50 swim, breathe every 7 @ b +15
(1800)

Warm down

200 easy

Total: 3,200

Warm Up

400 swim

4 x 100 kick @ kb

8 x 50 free/stroke by 25 @ b +15

(1200)

Set 1

4 x 50 @ b +15

400 @ b

4 x 50 @ b +15

300 @ b

4 x 50 @ b +15

200 @ b

4 x 50 @ b +15

100 @ b

(1800)

Warm Down

200 easy

Total: 3,200

Warm Up

300 swim

200 kick

200 swim

2 x 150 swim, middle 50 backstroke

(1000)

Set 1

8 x 25

Build up, Build down, Easy, Fast (2x through)

Just get your heart rate up for the next set

Set 2

Crowd favorite...BROKEN MILE!

10 seconds rest in between each swim

275 (11 lengths)

250 (10 lengths)

225 (9 lengths)

200 (8 lengths)

175 (7 lengths)

150 (6 lengths)

125 (5 lengths)

100 (4 lengths)

75 (3 lengths)

50 (2 lengths)

25 (1 length)

Subtract 1:40 from total time to get your time.

50 easy recovery

(1700)

Warm Down

4 x 50 --> no or one breath on the way down, easy swim back @ b + 20

Total: 3100

Warm Up
300 Swim
200 Drill-Swim by 25
100 Kick
(600)

Set 1
Repeat 3x:
50 build @ b+5
2 x 25 FAST @ b +10
1 x 50 Kick @ kb
(450)

Set 2
1 x 400 Free - Build by 100 (pull optional) @ b
2 x 25 stroke @ :30 (adjust if necessary)
2 x 50 Kick @ kb
1 x 300 Free - Build by 100 (pull optional) @ b
4 x 25 stroke @ :30 (adjust if necessary)
2 x 50 Kick @ kb
1 x 200 Free - Build by 50 (pull optional) @ b
8 x 25 stroke @ :30 (adjust if necessary)
2 x 50 Kick @ kb
1 x 100 Free Strong (try to come in at b -10 or under)
(1700)

Set 3
1 x 25 (6 underwater fly kicks off the wall) @ :40 (adjust if necessary)
1 x 50 Free - sprint in between the flags @ b +5
1 x 25 Sprint @ :40
1 x 50 Easy
(150)

Warm Down
100 easy

TOTAL: 2900

Warm Up
500 choice

Main Set
2x thru:
5 x 50 stroke/free (your choice stroke) @ b +15
4 x 100 free @ b
3 x 50 kick @ kb
~extra :30 for equipment change~
2 x 100 @ b -5
1 x 50 easy
(2100)

Warm Down
8 x 50 @ b +20
->Odds no breath down, ez back
->Evens DPS down, ez back

TOTAL: 3,000

Warm Up

300 swim

200 kick

300 K/D/S IM order by 25

800

Set 1

4 x 150 @ b

200 @ b -10

3 x 150 @ b

200 @ b -10

2 x 150 @ b

200 @ b -10

150 @ b

200 @ b -10

Feel free to mix up the bases on this set depending on the type of workout you are looking for (ie, whole set at b, 200s at b -5, etc)

2300

Warm Down

200 easy

TOTAL: 3,300

Warm Up

300 swim

6 x 50 kick @ :15 rest

16 x 25 swim -> breath control 4x{4, 3, 2, 1 breaths per 25}

1000

Set 1

8 x 25 @ :30 (or whatever is a comfortable base)

300 @ b+15

:30 rest

4 x 50 @ b

300 @ b+15

:45 rest

2 x 100 @ b -5

300 @ b+15

1:00 rest

200 @ b -20 (that's right!)

300 @ b+15

2000

Warm Down

4 x 50 @ 1:10 (give yourself some extra rest) -> no breath down, easy back

TOTAL: 3,200

Warm Up

300 swim

200 kick

300 K/D/S IM order

200 pull

1000

Main Set

2 x 75 K/D/S by 25 @ b +20

100 descend @ b

2 x 75 K/D/S by 25 @ b +20

200 descend by 50s @ b

2 x 75 K/D/S by 25 @ b +20

400 descend by 100s @ b

2 x 75 K/D/S by 25 @ b +20

200 descend by 50 @ b

2 x 75 K/D/S by 25 @ b +20

100 descend by 25 @ b

50 easy

1800

Warm Down

200 easy choice

TOTAL: 3,000