

CLASSIC STROKE SPECIFIC W.O.

W.O.

SWIM 300 ANY
KICK 200 ANY
DRILL 1:00 CHOICE
BUILD 6X50 ON :50
DIVE 4X25 HARD
EASY 200

CHAMPIONSHIP
W.O.

@ 30 MIN 1500

6X150 ON 3:00

50 SPECIFIC SWIM (NO KICK)

50 SPECIFIC KICK

50 SPECIALTY - - - -

5X100 SPECIALTY 2:00 - 3:00
DEPENDENT

EASY 100

1500

8X75 CHOICE MEDIUM SPEED
1:30

FOCUS ON ROTATION LONG OR SHORT AXIS

EASY 200

@ 3500 / 90 MIN

DIST 10W

MICHAEL COLLINS

12x5:00



949-338-6682

400
425
375
350

1650 SPECIFIC

4 x 100 + 400 BEH WITHIN :05

4 x 100 + 400

50 FULL GAS

1000

~~3 x 100 + 250~~

3 x 100 + 200

3 x 100 + 200

1500 3 ROUNDS LC

800 2 x 100 + 200

2 x 100 + 200

BOOKENDS

3 x 50 FAST!

SPRINT 0.5MILE 1M

3 x LONGER DISTANCE

200 400 1000
EXONPACE /

3 x 50 FAST

FINISH

Part of
MARRIOTT BONVOY®

Distance Workout

Aaron Schneider

RiptideSwimmingNOLA@gmail.com

Southern Masters Swimmers (team) – Riptide Masters Swimming (workout group)

Southern LMSC

90 minutes

SCY

Warm Up (1300 yards – 20 mins):

1x600 Warm Up Mix on 10:00

4x100 75 Free 25 No Free on 1:30

4x75 Free, Choice, Free x25 on 1:00

Kick Set (1000 yards – 15 mins):

6x150 kick, swim, kick x50 on 2:10

-with fins, kick is streamlined on your back, 10+ yards underwater off each wall

100 ez choice (2:00)

Main Set (3700 yards – 50 minutes):

10x on 5:00

-2x through: 400 (red – 1:15/100), 375 (pink – 1:20/100), 425 (red/blue – 1:11/100), 350 (pink 1:25/100), 300 (white – 1:40/100)

-just make the interval the whole way, equipment is optional but plan accordingly, change pace with each distance

Recovery (300 yards – 5 minutes)

6x50 drill, swim x25 choice on :50

Total 6,300 SCY in 90 minutes

AN AEROBIC MIXER - Lane 1

Warm-up (600 yards)

- 200 swim
- 200 pull
- 4 x 50s Kick (descend)

Main Set – 3x Through (3,000 yards)

- 200 swim @ moderate
- 4 x 50s strong (25 fast / 25 easy)
- 2 x 100 pull paddles steady
- 8 x 25s kick with board @ 90% effort
- 200 swim build by 50

Cool Down (400 yards)

- 2 x 100s distance per stroke
- 2 x 100s relaxed

Distance Workout

Coach Shannon Dee

Jeffco Aquatic Masters (AJAM)

Colorado

Duration of Workout (90 minutes)

Course (SCY)

Warm Up:

1000 SKIPS

Pre Set: (1050)

6x75 drill / swim / strong by 25

6x50 descend 1-3, 4-6

300 kick

Main Set: (2200)

Goal: the sum of the 4x, minus :30, should be faster than the split of 300 or 200

2x through-

300 swim on 5:00 (includes ~ 1:00 rest)

4x75 on 1:20 (includes ~ :10 rest)

50 ez recovery on 1:00

2x through- (a little faster pace than 300s))

200 swim on 3:30 (includes ~ 1:00 rest)

4x50 on :50 (includes ~ :10 rest)

50 ez recovery on 1:00

Warm Down:

200 -300 choice

Total 4,450 SCY

Open Water Swim Workout

(w/some IM to break it up)

Warm-up (600)

400 choice swim

4x50 flutter kick w/:10 rest

Set #1 (1000)

4x100 on a moderate interval (suggestions 1:40, 1:50, 2:00)

100 easy recovery pull or kick

4x100 Fast Free w/fins same interval

100 easy choice recovery

Set #2 (750)

6x75 w/:15 rest

2 rounds of 1. fly/bk/fly

2. bk/br/bk

3. br/fr/br

6x50 Drill w/:10 rest

1. Tarzan

2. 6 kick switch

3. Catchup

4. Right arm only

5. Left arm only

6. Roll & reach

Set #6 (600)

Choose 1

Option 1: 600 as 300 build/300 easy

Option 2: 600 as 300 build/300 pull

Cool Down (300)

3x (25 scull/75 choice swim)

Total: 3250

Patrick Sullivan, SLAM, Ozark
Med distance - distance

Wu: 400 Free
4x50 Kick
4x50 Drill
100 Build

PS: 8x50 R:15-20 or easy int
↳ 1-4 Free, 5-8 Choice

MS: 400 Free build by 100 R:60
100 Free Fast R:60
400 Free Reverse Build by 100 R:60
200 Free Build by 50 R:30
50 Free Fast R:30
200 Free Reverse build by 50 R:30
100 Free Build by 25 R:15
50 Free Fast R:15
100 Free Rev. Build by 25 R:15

CD. 300 easy
T: 3200



Scott Burt
Alaska LMSC
Petersburg Whitecaps

Distance, SCY
200 Swim, 200 Kick, 200 Pull w/up

2x { 400 Free, 30 sec rest
(50 Fast, 350 relaxed, hold
form, good technique)
300 Free, 30 sec rest
50 Fast, 250 relaxed
200 Free, 30 sec rest
50 Fast, 150 relaxed
100 recovery

4 x { 50 Kick w/fins, 20 sec rest
100 Swim Between
50 Kick w/fins each repeat

200 cooldown

Total ~~3500~~ 3600

Part of
MARRIOTT BONVOY®



Distance / open water

Michael Gemelli

Michaeljgemelli@gmail.com

Rutherford Masters Team

New Jersey LMSC

Duration:

800 Warm-up - 20 min
300 free / 4x50 kick / 3x100 pull

400 Pre Set - 8 min
8x50 Texas Turns
2 turns per 50
from center of pool
feet past flags @ 0:50 1:00 1:10

Main Set - 34 min
1600 4x100 Free dex @ 1:40 1:50 2:00
+1 min rest
8x50 Free hold @ 0:50 1:00 1:10
+1 min rest p400
400 Free for time +2 min rest
2x200 Pull NIS @ 3:00 3:30 4:00
eg. 100
OPTIONAL 8 min
400 16x25 Stroke 4x100 @ :30 :40 :50
Cool down
300
3500m 300 Cool down

Wild Crab Masters Swimming

April 9, 2026

Thursday's Test-Set

(2700 yards in 51 minutes or 4700 yards in 79 minutes)

WARM-UP (800 yards - 16 minutes)

SKIP ~~X~~ by 200

MAIN SET #1 (1700 yards - 32 minutes)

8 x 50 @ :50 (Pull 1-4, Drill 5-8)

Brief regroup

7 x 100 Free @ 1:20 - *Hold fastest pace (TEST SET)*

Brief regroup

3 x Broken 200 IM @ 4:00 (75/75/50, with 15 second breaks)

Mid-Practice Re-Set/Warmdown (200 yards - 3 minutes)

200 Pull @ 3:00

MAIN SET #2 (1800 yards - 25 minutes)

1000 @ 14:00

500 @ 7:00

200 @ 2:40

100 @ 1:15

WARM-DOWN (200 yards - 3 minutes)

200 choice - *easy*

Instagram: wildcrabmastersswimming

Email: andy.strehle@gmail.com

This workout is 3,900 – 4,500. Customize as you wish.

400 swim (suggestion – every 4th 25 non-free)

4	x	100	@	70 % effort	@ 10 seconds rest
		75	@	80 % effort	@ 15 seconds rest
		50	@	90 % effort	@ 20 seconds rest

Main Set – Best Average

Morning group swim three rounds. Night shift swims rounds 1 and 3.

CR = your CRUISER PACE.

	200	50 EZ	150	50 EZ	100	50 EZ
Round 1	CP + 5	1:30	CP + 5	1:30	CP + 5	1:30
Round 2	CP + 10	1:30	CP + 10	1:30	CP + 10	1:30
Round 3	CP + 15	1:30	CP + 15	1:30	CP + 15	1:30

Kick / Swim Set

4	x	75 EZ swim with fins	10 Seconds rest
		50 Fast Kick	15 Seconds rest
		25 Sprint with fins	20 Seconds rest

Pull Set

Focus on the 'Front End' of your stroke

5 x 100 Pull Cruiser plus 20 seconds

Count to two before you take a stroke.

Bonus points if you breathe every 3rd stroke.

Time Permitting

Up to 12 x 25s either IMO or sprint with fins

Distance Workout
Cathy Drozda
cathydrozda@gmail.com
THOR (Thornton) Masters
Rocky Mountain Regional Masters

SCY 90 minutes

WARMUP: 100 swim, 200 Drills, 300 kick/swim choice, 200 pull (800)

TRANSITION at 5:50 am:

Fins: 4 x 75 sidekick switch at 12, 10, 8 by 25s, middle 25 is

BACKSTROKE

No fins: Can you keep your body aligned, hips on surface, kick in same position as when you had on fins??

4 x 75 same as above :15-20 rest (600/1400)

MAIN SET:

1 x broken 1650 as 11-10-9-8-7-6-5-4-3-2-1 lengths

(lanes 1-2 can go 1000 broken as 8-7-6-5-4-4-3-2-1)

rest :15 between, so deduct 150 seconds for the mile and 2:00 for the 1,000 - record your time

Recover 100 double arm back (2400-2900)

1 x 400 IM kick/swim as your lane chooses -

1 x 200 REVERSE IM Drill/swim by 25s (600/3000-3500)

1 x **broken 200** to finish - rest :15, then :10, then :05 after each 50;
subtract :30 - GET YOUR TIME - this should be at the pace you want to
end a tightly raced 500 in! (200/3200-3700)

200 cooldown with 5 minutes left of practice

OPEN WATER 90 MIN.

10 MIN JOG TALK

IF WEARING WET SUITS, PUT THEM ON FIRST!

GOALS OF THE DAY

A

B

C

ENTER AND TAKE SOME TIME TO REGULATE
BREATHS! BIG EXHALE!

10-15 MINUTES EASY FREE

-BREATHS

-SIGHTING

-EASY.

(REGROUP) - NOTTEN UP.

200 (FAST) DRAFT
HOW FAST

200 NEW LEADER (EASY)

200 (FAST) NEW LEADER

200 NEW LEADER (EASY)

2:00 NEW LEADER (EASY)

SIGHTING DRILL 10:00

FOCUS ON (ROTATION
CATCH, FINISH IT)

DOES IT KEEP

20: SWIM MEDIUM TO LOCATION

10:00 HARD

90:00 EASY

GO FLY

Open Water Workout in SCY Pool

Aaron Schneider

RiptideSwimmingNOLA@gmail.com

Southern Masters Swimmers (team) – Riptide Masters Swimming (workout group)

Southern LMSC

90 minutes

SCY

Warm Up (1250 yards – 20 minutes):

1x400 choice mix warm up on 7:00

2x200 alt 75 FR 25 No Free on 3:00

4x100 free descend 1-4 on 1:25

50 ez choice

Pre-Set (1500 yards – 23 minutes):

16x50 on :45

-hold even stroke count, jedi swim 2nd 25 of each 50, hold same time on all 16

50 ez choice on 1:00

4x150 IMO, FR x 25 on 2:20

50 ez choice

Main Set (3000 yards – 42 minutes):

1x600 Free on 8:00

-count strokes every 4th 25 – hold stroke count even, even split

4x100 free on 1:30

-site cone 1x per 25

2x300 Free on 4:00

-count strokes every 3rd 25, negative split by 2 seconds, no more than 1 extra stroke on back half count

4x100 free on 1:30

-site cone 1x per 25

3x200 Free on 2:40

-descend 1-3 to simulate the race to the finish of an open water swim

4x100 free on 1:30

-site cone 1x per 25

Total 5,750 SCY in 85 minutes

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-with fins, kick is streamlined on your back, 10+ yards underwater off each wall

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Main Set (3700 yards – 50 minutes):

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-just make the interval the whole way, equipment is optional but plan accordingly, change pace with each distance

Recovery (300 yards – 5 minutes)

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Total 6,300 SCY in 90 minutes