

M/D

Fri 9-18-26 TGIFF

Warm-Up

800 Every 3rd 25 Choice

800



100's Friday Yeah

5 x 100

Round 1 Kick with Fins 1:30, 1:40, 1:50 550/1350

Easy 50

Round 2 Swim drill 1,3,5 drill; 2,4 swim 1:40, 1:50, 2:00 550/1900

1 25 fist 25 swim, 3 zipper, 5 25R 25L 50 swim

2 swim, 4 swim,

Easy 50

Round 3 Pulls Pull Bouy/Paddles 1:30, 1:40, 1:50 550/2450

Easy 50

Round 4 Swim with paddles 1:20, 1:30, 1:40 550/3000

Easy 50

Round 5 SPEED set Swim with fins 1:15, 1:20, 1:40 600/3600

100 easy

Warm Down

400 3, 5, 7 Breath by 25 400/4000

Thank God It's Fast Friday

Why is it when 2 Vegan's get into a Argument it is called a Beef?????

Middle Distance/Threshold Workout
Coach Molly Tolford
O*H*I*O Masters
Lake Erie LMSC

60 minutes
SCY

Warm Up:

- 1 x 300 swim on 6:00
- 4 x 75 as 50 drill/25 on 1:30
- 4 x 50 kick/swim by 25 on 1:05
- 4 x 25 free, DPS on :45

Main Set:

- 1 x 300 free, pull on 4:30
- 3 x 100 free. descend 1-3 on 1:30
- 2 x 50 kick, build on 1:00
- 1 x 200 free on 3:00
- 2 x 100 free, build on 1:30
- 4 x 50 kick, fast in the flags (turns and finishes) on 1:00

Rest :20

- 1 x 100 best effort on 2:00
- 6 x 50 kick on 1:10
 - odds: build
 - evens; fast
- 1 x 100 on 2:00 easy

Recovery:

- 8 x 25 on :40
 - odds: underwater kicks to 15y then easy swim
 - evens: smooth swim, dps

- 1 x 200 easy on 4:00

Total 3100 SCY

~~900~~ 7 x 50 @ maint. pace
5 rounds
R1
R2 keep time
R3 10 on int
3 on pace
R4 4 on int
2 on pace
R5 5 on int
3 on pace

↑ fatigue
before
pacing

Vert kick
30 on
15 off
75 fast
25 easy
3x
Then pacing set
based on race time
3x 60 x 90 on 1:00
200 easy btwn
rounds

USMS NCC SAMPLE WORKOUT (1)

Tom Sheehan: tsheehan3@wisc.edu

MID-DISTANCE

75 MIN. SCY [From 7-21-26]

WARM UP (950)

400/300/250 Fr

150/100 Kick Choice

300/200 Pull

100 I.M. Kick no board

TRANSITION/TECHNIQUE (750/)

4 x 75/50 choice kick 2nd 25 fast 2:00

6x25 freestyle stroke counts

1. Preferred stroke rate
2. Slightly lower stroke rate
3. Much lower stroke rate
4. Preferred stroke rate
5. Slightly higher stroke rate
6. Much higher stroke rate

2 x 75/50 Broken 5 sec rest at ea. 25

- 12.5 fists; 12.5 swim reach for power by 25 - No crossover!

2 x 75/50

- Tap ribs-head to entry at shoulder width on 2:00. No Crossover!

MAIN SET (1550 to 1,950)

5/4 x 100 Freestyle try to hold times on 1:45/2:00/2:30

50 EZ + 1:00 rest to next top

3/2 x 200 Freestyle middle 100 strongest on :45 Rest

50 EZ + 1:00 rest to next top

1 x 300/200 Cruise pull middle 100 strongest

50 EZ

200 Cool Down

MIB / Distance Workout
Kate Boyd
Chicago Swedish Fish Masters (SWED)
ILMSA

Duration of Workout: 60 minutes
SCY

Warm Up 1 (500)

- 200 Swim
- 200 Pull
- 100 Kick

Warm Up 2 (200/700)

- 4x 50s drill IMO on 15 seconds rest

Main Set (1800/2500)

- 1 x 300 Pull on 4:30
 - Breathe every 3 strokes
 - 3 x 100 Pace on 1:45
- x 3
30 sec rest
between each
round

Cool Down: 200 yards

Total: 2700 SCY

Wild Crab Masters Swimming

April 14, 2026

This is Taxing

(2700 yards in 53 minutes or 4550 yards in 85 minutes)

WARM-UP (400 yards - 8 minutes)

400 Warm-up

Regroup

MAIN SET #1 (2000 yards - 40 minutes)

4 x 50 IM order @ 1:00 EZ

4 x 100 free @ 1:15

4 x 100 kick @ 2:15 EZ

Regroup

20 x 50 free @ 1:00

Goal time at :30 or faster. If you are slower, sit out the next one.

If you'd like, pick the goal time you want, then add 30 secs for the interval.

For example, if your goal time is 40 seconds, do the interval at 1:10.

The goal is to "swim to the point of failure." Ideally, you will miss 2-3 of the 20.

Mid-Practice Re-Set/Warmdown (300 yards - 5 minutes)

300 Pull @ 5:00

MAIN SET #2 (1650 yards - 29 minutes)

4 x 300 IM @ 5:00

6 x 75 Kick @ 1:30

WARM-DOWN (200 yards - 3 minutes)

Instagram: wildcrabmastersswimming

Email: andy.strehle@gmail.com

Mid-distance/Threshold for freestyle or IM
Cathy Drozda
cathydrozda@gmail.com
THOR (Thornton) Masters
Rocky Mountain Regional Masters

SCY 90 minutes

WARMUP: 400 choice + 200 kick + 8 x 50 pull with DPS and build
within each one rest :15 (1000)

TRANSITION: 3 x 50 IM strokes of choice (no free) rest :15
6 x 25 KOB (kick on back working core) descending 1-3,
then 4-6 rest :15
3 x 50 medley relay IMs (back, breast, fly, no free), :20
6 x 25 sprint free with 3-4 dolphins then minimum 4 fast
flutter kicks while surfacing! :20 rest or interval accordingly (600/1600)

MAIN SET: *Bookends! (working the first and last parts strong, pace and
DPS the middle)*

SWIM 1 x 300 (free or IM) bookend the 75s rest :30
KICK 4 x 50 fast/easy (rest :15)
SWIM 2 x 250 free (bookend the 75s) rest :30
PULL 1 x 300 breathe every 3-5 by hand hits DPS
SWIM 2 x 200 IM or free, bookend the 50s, rest :20
Recover 50 double arm back + 50 underwater rolling dolphins
KICK 3 x 50 choice with a buddy :15 rest
SWIM 2 x 100 free, bookend the 25s, rest :30 (2100/3700)

FINS - ____ x :20 on, :10 off- vertical kicking dolphin or flutter

5 minutes til end of practice - cool down

Mid-Distance workout

Coach:Melanie Dullea

Team:South Suburban Finaddicts
CO

75 min/SCY OR SCM/3575

Warm-up: 300S, 200 K, 100 P

Swim: 12x25@+10 descend 4 sets of 3

Swim: 1x300 -every 4th length fast

1x200 -descend 3-1, and 150-50

1x100 -no more than 10/sr btw

1x150

1x100

1x50

Kick: 9x75 (3of3) 2fr, 1non-fr

Pull: 5x150 neg split + descend 1-5

Swim: 6x25@+ 10 Ascend 2of 3

Workout	Free (sprint/middle), 60 min, SCY
Coach	Marie Smith, swimarie@gmail.com
Team	JCC
LMSC	Minnesota
I have about 15 swimmers on my team. The age range of my swimmers is 56 to 84 years old with an average age of 70 years old. Many of my swimmers have had hip, knee and shoulder replacements. 6 of my swimmers are brand new to competitive swimming and are still mastering the 4 strokes.	

Workout A	Workout B	Workout C
Warm Up 150 Free 50 Kick	Warm Up 200 Free 50 Kick	Warm Up 250 Free 50 Kick
4 x 50 Freestyle, 20 sec after each 50 25 Rotate Drill (6 kick/1 arm/rotate), 25 Build Freestyle 25 Fist Drill, 25 Build Freestyle 25 Flick Drill, 25 Build Freestyle 25 Front Quadrant Timing Drill, 25 Build Freestyle		
50 easy		
4 x 150 Free 30 sec after ea 150 - Focus = Finish your pull past hips	5 x 150 Free 30 sec after ea 150 - Focus = Finish your pull past hips	6 x 150 Free 30 sec after ea 150 - Focus = Finish your pull past hips
50 easy	50 easy	50 easy
4 X 25 Kick, Build 20 sec after ea 25	4 X 25 Kick, Build 20 sec after ea 25	4 X 25 Kick, Build 20 sec after ea 25
50 easy	50 easy	50 easy
4 x 100 Free on 3:00 Focus = engage core	5 x 100 Free on 2:30 Focus = engage core	6 x 100 Free on 2:15 Focus = engage core
100 warm down	100 warm down	100 warm down
Total = 1700 yards	Total = 2050 yards	Total = 2350 yards

Middle Distance Workout
Melissa Mizwa
Chicago Swedish Fish Masters
ILMSA

Duration of Workout: 60 min
Course: SCY

Warm up (1200)

300 choice

4 x 50 Kick - Speed Builders (R:10)

(1 is 12.5y fast / 37.5 EZ ; add 12.5 fast each time until #4 is all fast)

8 x 50 25 drill / 25 swim - 2 ea IMO (R:10)

6 x 50 Free on 1:00 - 2x through this pattern: EZ / Build / Fast

Main (1600)

4x through - keep it rolling

- 200 (R:15)	80%	eg 200 on 3:10
- 100 (R:15)	85%	100 on 1:40
- 50 Fast (R:30)	90%	50 on 1:10
-		

4 x 50 Best Average on 1:00

Cool Down (200)

4 x 50 Choice

Total: 3000 SCY

Lanes 1-2		Lanes 3-4		Lanes 5-6	
Warm Up 500y	200 Swim 4x50 (25 drill/25 swim) 4x25 (easy/blast/build/fast by 25's, repeat twice)	Warm Up 700y	300 Swim (every 4th lap non-free) 6x50 (25 drill/25 swim) 4x25 (easy/blast/build/fast by 25's, repeat twice)	Warm Up 900y	400 Swim (every 4th lap non-free) 6x50 (25 drill/25 swim) 8x25 (easy/blast/build/fast by 25's, repeat twice)
Kick Set 300y	6x50 (25 easy/25 fast) 100 ecover	Kick Set 300y	6x50 (25 easy/25 fast) 100 recover	Kick Set 450y	6x75 (odds easy/fast/easy by 25, evens fast/easy/fast by 25's) 100 Recover
Main Set 900y	2x 200 Swim 4x50 Pull 2x broken 200: #1 100 mod, 10s rest, 50 fast, 10s rest, 50 recover #2 4x50 @10s rest	Main Set 1100y	2x 200 Swim 4x100 Pull (breathe 3/5/7/9 by 25's) 3x broken 200: #1 150 mod, 10s rest, 50 fast #2 100 mod, 10s rest, 50 fast, 10s rest, 50 fast #3 4x50 @10s rest	Main Set 1300y	2x 300 Swim (last 100 fast) 4x100 Pull (breathe 3/5/7/9 by 25's) 3x broken 200: #1 150 mod, 10s rest, 50 fast #2 100 mod, 10s rest, 50 fast, 10s rest, 50 fast #3 4x50 @10s rest
Cool Down	200 Easy	Cool Down	200 Easy	Cool Down	200 Easy

1000 WU Choice 15 Minutes Sat – July 25th

1600 (1450) 12(9) X 50 S, 20 sec

1950 (-----) 1(0)x[2x100-2x75] S,

2x[100-2x75-50 / 2x75-2x50 / 75-2x50-25]

3600 (2850) 1(0)x[2x50-2x25] S,

Interval 100 75 50 25

1:35 → 1:35 1:15 0:50 0:25

1:30 → 1:30 1:10 0:45 0:25

1:25 → 1:25 1:05 0:45 0:25

1:20 → 1:20 1:00 0:40 0:20

**60 sec
between
sets**

3750 (3000) 150 easy

4150 (3400) 8 X 50 K, 10 sec

4900 (4000) 5(4) X 150 P, 20 sec

5050 (4150) WD 150

Threshold

Jamie Louie

jamie.jklouie@gmail.com

COSA Masters

Colorado LMSC

Workout duration is 90 minutes

SCY

Threshold Workout
Coach Nena Williams
rustynlgg@gmail.com
Tulsa Masters Swim Team
Oklahoma Masters Swimming

Duration of Workout ~ 1hr 15min.
Course SCY

WARM UP (700)

100 swim
200 drill
100 kick
200 pull
100 scull

PRE SET (500)

4 x 125 choice stroke 25 kick / 50 drill / 50 swim :20 rest

MAIN SET (1900)

2x100 easy 1:40
2x100 fast 1:30
2x100 easy 1:40
2x100 fast 1:30
2x100 easy 1:40
1x100 fast 1:30
1x100 easy 1:40
1x100 fast 1:30
1x100 easy 1:40
2x100 fast 1:30
1x100 easy 1:40
2x100 fast 1:30

COOL DOWN (300)

300 choice

Total - 3400 yards

Threshold Workout

Chris Carpino

Carpinomasters@gmail.com

Kingsbury Club Masters Swimming

New England LMSC

Duration of Workout: 60 Minutes

Course: SCY

Warm Up:

300 Swim

200 Kick

100 Pull

4x50 on :10 rest descend 1-4

Main Set Prep:

1x100 @ 90% effort

100 EZ

Main Set:

20x100

Goal is to maintain the pacing you hit on the single 90% 100. Interval starts at baseline 100 time +5 (give or take a second to give an even interval). Swimmers do 100s on that interval maintaining goal pace until they miss their interval. After a miss, swimmers take an additional 30 seconds rest, then resume with the next 100 adding an additional :5 sec to their base interval. Repeat process until all 20 100s are complete.

Cool Down:

200 Easy

Total 3200 SCY

Warm up

Mick D

300 swim

300

6 x 75 1:20 KDS

150

6 x 25 @ :30

150

10 x 50 1:00 Kick w/ Board

900

300

1 x 300 swim pick your bursts

300

4 x 25 @ :20

~~Max~~

~~2000~~

4 x 200 @ 2:45 - 3:15 descend 1-4

800

8 x 100 1:30

800

lane 5 8 kicks

lane 4 6 kicks

lane 1 2 kicks

4 x 100 lane 5 1:15

400

lane 1 3 x 100 2:00

2800

4 x 50 Fly down / Free back :45

4 x 50 Back down / free back :45

4 x 50 Breast down / free back :45

4 x 50 free :35

3100

3600

Title: Crazy 8s

Theme: aerobic with a little speed

Molly Hoover, Blue Tides Masters

100 Swim/kick/IM/pull/swim

100/150/200 extra loosen, breathe every 3rd stroke

8x25 @ :30/35/40

4 UWDK off wall

8x50@:50/:55/1:00/1:05/1:10

Free - fast turn in and out

8x25@:30/35/40

All out last 8 yards

8x75@1:10/1:20/1:30/1:40/1:50

1. Fast/ez/ez

2. ez/fast/ez

3. ez/ez/fast

4. perfect stroke

8x25@:35/40 with fins

3 UW, 1 kick on back

8x100@1:30/1:40/1:50/2:00/2:10

2-swim with fins

2-swim with paddles and fins

2-pull with paddles

2-swim, no equip, smooth

8x25@rest 15

odd - scull

even - perfect stroke