

Sprint Workout

Coach Nena Williams

rustyn1gg@gmail.com

Tulsa Masters Swim Team

Oklahoma Masters Swimming

Duration of Workout ~ 1hr

Course SCY

WARM UP (400)

100 choice

200 drill

100 scull

PRE SET (500)

8 x 50 25 underwater / 25 choice :20 rest

100 easy

MAIN SET (700)

4 x 25 FAST fins and paddles 1:30 rest

50 easy

2 x 25 FAST no fins and paddles 1:30 rest

50 easy

4 x 25 FAST paddles 1:30 rest

50 easy

2 x 25 FAST no paddles 1:30 rest

50 easy

4 x 25 FAST fins 1:30 rest

50 easy

2 x 25 FAST no fins 1:30 rest

COOL DOWN (300)

300 choice

Total 1900 yards

SPRINT

Ellen Campbell

HRMS

COMSA

300 swim 200 kick 200 Pull

75 Fast kick R:10

25 EZ swim R:10

50 Fast kick R:10

50 mod swim R:10

25 Fast kick R:10

25 Fast swim R:10

x2 Rev Up

1⁰⁰ between rounds

P 1x200 B: 2,3,4,5 by 25's

S 6x50 # 1,3,5 fast 2,4,6 ez

K 1x200 choice

S 6x50 e: 100 1ez/2 fast/1ez/2 fast

P 1x200 2,3,4,5 by 50's

S 6x50 All fast 1⁰⁰ break @ #3

Cool down 100 swim

100 kick

100 pull

3000

Rose Bowl Masters

Chad Durieux

Anaerobic Lactic

300 swim

200 pull

100 drill

6 x 25 kick desc. 1-3 @ 40 50

4 x 50 desc. 1-4 @ 1 1:10

6 x	{	25 Fly sprint	@ 1:10
		50 Breast sprint	@ 1:10
		75 Back sprint	@ 1:10
		100 Free sprint	@ 1:10

-adjust intervals for each lane BUT keep the same base for all distances. If your slower lanes can't make base then try 25@1 50@1:15 75@1:30 100@1:45 or 1, 1:20, 1:40, 2 something so they have to sprint AFAP and barely make the 100 interval. All their rest should be after the 25 and 50

3 x 200 swim warm-down choice gear easy @ 3:20 3:40 4 4:30

Patrick Sullivan, SCAM, Ozark Sprint /stroke

W4 300 Free
4x50 Kick
4x50 Drill
100 Build

MS.	2 Rounds	Rd 1	Rd 2	Rest
	1x 100 Free	easy	Fast	R: 20
	1x 100 stroke	fast	easy	20
	2x 75 Free	easy	Fast	20
	2x 75 stroke	Fast	easy	20
	3x 50 Free	easy	Fast	15
	3x 50 stroke	Fast	easy	15
	4x 25 Free	easy	Fast	10
	4x 25 stroke	Fast	easy	10
	1x 100 Free	easy	all out sprint	60-90

CJ: 200 easy
T: 3200

Sprint 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

12x25 Drill/Build/Strong on :30 (Choice By 3)

Main Set:

2x Following Variable Pattern (1 Half Fast/Half Easy, 2 Half Easy/Half Fast, 3 All Fast, 4 All Easy). 1st round Freestyle, 2nd Round Choice. (All easy can be swimmers choice).

4x25 on :30

4x50 on 1:00

4x75 on 1:30

4x100 on 2:00

Cool Down:

200 Easy

Total 3100 SCY

David Myers, Hawk Masters, North Carolina
SCY 2450 - 2600 plus warm-up 1:00:00

5:00 warm-up

8 x 25 K (IM order opt.) @ :30

4 x 50 D/S choice @ 1:00

Main Set

4 x 100 free descend 1-4 R ~ :20 ea.

4 x 50 choice build R ~ :20 ea.

2 x 25 sprint @ :45

3 x 100 free descend 1-3 R ~ :20 ea.

3 x 50 choice swim build R ~ :20 ea.

2 x 25 sprint @ :45

2 x 100 free descend 1-2 R ~ :20 ea.

2 x 50 choice build R ~ :20 ea.

2 x 25 sprint @ :45

100 free pink/smooth R ~ :20

50 choice build R ~ :20

2 x 25 sprint @ :45

Finish

2/3 x 150 as:

75 pink/smooth R :10

50 red R :10

25 blue R: :30

25 B 75 N @ 2:00
Ralph Barard
bare density
707

1:01	→ :59
1:00	1:00
:59	1:01
:58	1:02
:57	1:03
:56	1:04
:55	1:05
:54	1:06
:53	1:07
:52	1:08
:51	1:09
:50	1:10

David Myers, Hawk Masters

SCY, 2700 + warm-up, 1 hour

5 min warm-up

4 x 50 drill as directed @ 1:00

1 x 100 using above drill as focus

4 x 75 free best average r :15 ea.

2 x 75 free @ 1:15/1:30

2 x 75 Kick @ 1:45/2:00 fins OK

2 x 100 Pull @ 1:30/2:00

4 x 75 Choice, build by 25 @ 1:30

16/12 x 50 @ 1:00 / 1:10

Odd - Choice BUILD through turn

Even - Choice PINK

12/8/ x 25 @ :45

Odd - free or IMO off blocks or wall

Even - easy return to start

200 Cool Down

David Myers, Hawk Masters

SCY, 2850 - 3050 + warm-up, 1 hour

A Set

5 min warm-up

6 x 75 descend 1 - 3, 4 - 6 @ 1:20 / 1:30

1 x 50 easy 1:00

Repeat 3 times;

100 Choice @ 1:30 / 2:00 pink

200 Freestyle @ 3:00 / 4:00 red

100 Choice @ 1:30 / 2:00 build

Rest :30 - 1:00 between sets

Repeat 2 Times,

50 Choice @ 1:00 / 1:30 pink

100 Freestyle @ 1:30 / 2:00 red

50 Choice blue

Rest :30 - 1:00 between sets

Repeat 2 Times

50 Choice @ 1:00 blue

75 Freestyle @ 1:15 / 1:30 red

25 Choice blue

Rest :30 - 1:00 between sets

1 x 200 easy @ 4:00

6 x 25 purple, fins opt. @ :45

100 - 300 cool down

David Myers, Hawk Masters

SCY, 2200 + warm-up, 1 hour

B Set

5 min warm-up

6 x 75 descend 1 - 3, 4 - 6 @ 1:20 / 1:30

1 x 50 easy ~ 1:00

Repeat 2 times;

100 Choice @ 2:00 Pink

200 Freestyle @ 4:00 Red

100 Choice @ 2:00 build

Rest 30 - 1:00 between sets

Repeat 2 Times,

50 Choice @ 1:15 / 1:30 Pink

100 Freestyle @ 1:30 / 2:00 Red

50 Choice @ 1:00 Blue

Rest 30 - 1:00 between sets

Repeat 2 Times

25 Choice @ :30 Blue

50 Freestyle @ 1:15 Red

25 Choice @ :30 Blue

Rest 30 - 1:00 between sets

1 x 100 white @ 2:00

4 x 25 blue / purple, fins opt. @ :45

100 cool down

David Myers, Hawk Masters, North Carolina
SCY 2050 @ 1:00:00

5:00 warm-up swim
4 x 25 K fins opt @ :40
4 x 50 D/S choice @ 1:00

Main Set

4 x 75 descend 1-4 R ~ :20
4 x 50 choice build R ~ :20
2 x 25 sprint @ :45

3 x 75 descend 1-3 R ~ :20
3 x 50 choice swim build R ~ :20
1 x 25 sprint @ :45

2 x 75 2nd faster R ~ :20
2 x 50 choice build R ~ :20
2 x 25 sprints @ :45

75 swim R ~ :20
50 choice build R ~ :20
1 x 25 sprints @ :45

2 x 150 as:
75 pink/smooth R :10
50 red R :10,
25 blue R: 1:00

Effort Level	How you feel	HR Zone
White	Easy breathing and conversation	Zone 1
Pink	Phrases or sentence to your lane mates	Zone 2
Red	Say a word or two	Zone 3
Blue	Too out of breath to talk	Zone 4
Purple	I'm dying here!	Zone 5

Top: A (1:15) 4,000 yards. Bottom: B2 (1:45) 3,000 yards.

Aerobic

Warmup: 3-2-1 (300 Swim 200 Pull 100 Free Kick)

1 x 100 r. 0:10 Kick IM

{2x

₂ 5 x 150 @ 2:30 Free Red Effort (85%-90%)

Target: swim 1:50 or under / rest 0:35+

1 x 50 EZ

4 x 25 IM or stroke turns

4 x 25 r. 0:05 Dolphin kick

4 x 25 r. 0:10 Stroke or IM Perfect

5 x 100 @ 2:00 Stroke or IM Pink effort (80%)

1 x 50 EZ

Rest 0:30 or more then back to top of set }

Time permitting... 4 starts from blocks then 200 cooldown

Warmup: 3-2-1 (300 Swim 200 Pull 100 Free Kick)

1 x 100 r. 0:10 Kick IM

{2x

₂ 4 x 125 @ 2:50 Free Red Effort (85%-90%)

Target: swim 2:10 or under / rest 0:40+.

1 x 50 EZ

4 x 25 IM or stroke turns

4 x 25 r. 0:10 Stroke drill choice

4 x 75 @ 2:00 Stroke Pink Effort (80%)

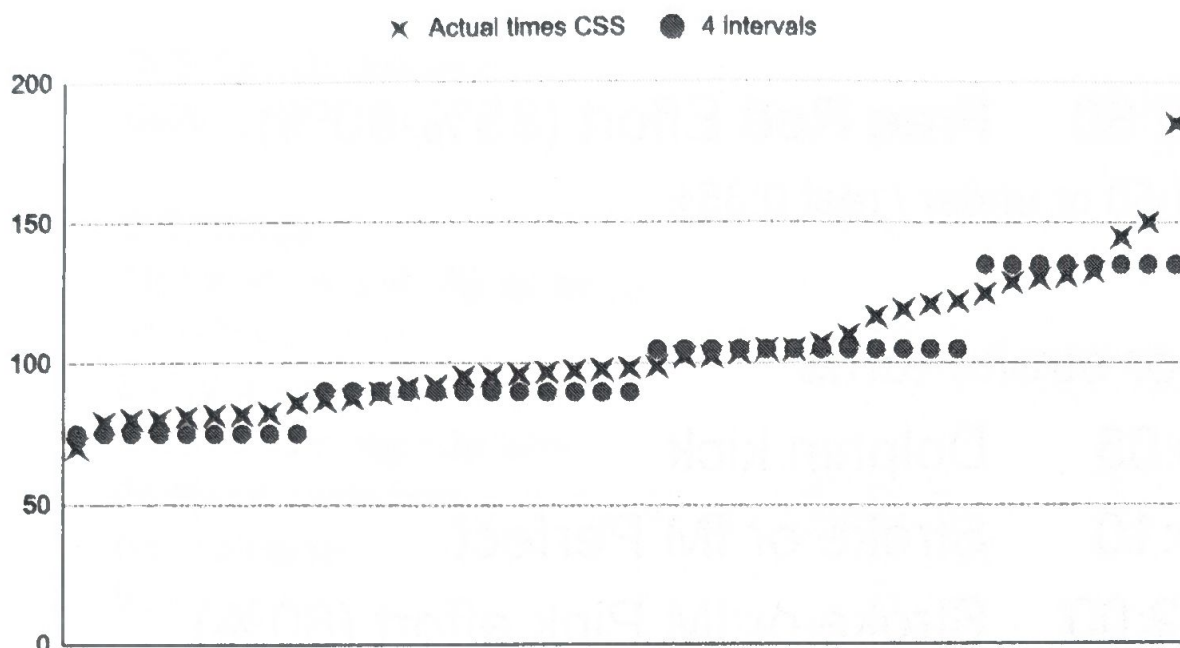
1 x 50 EZ

Rest 0:30 or more then back to top of set }

Time permitting... 4 starts from blocks then 200 cooldown

About this workout: Aerobic (threshold) but skews IM because held a few days before IM meet.
About our workouts: 90 minutes SCY most of the year. We rotate 5 themes over 4 practice days: aerobic with repeats >100 (ex: 150s+), IM, aerobic 100 or under, sprint & skills.

4 intervals (1:15 | 1:30 | 1:45 | 2:15)



About our intervals:

We run a simplified CSS test in fall to check intervals. We're currently running A (1:15), B1 (1:30), B2 (1:45) and C (rest). I run CSS results through Sokolovas's speed and work/rest for EN2 (pink), EN3 (red) & SP1 (blue). Then we adjust with swimmer feedback. We add a bit more rest in B1 and then a bit more again in B2 where swimmers on average are older.

		SCY			LCM			
		A	B1	B2	A	B1	B2	
		1:15	1:30	1:45	1:25	1:40	2:00	
		~4200	~3600	~3000	~3800	~3300	~2800	
pink + red	25 Fr	0:25	0:30	0:35	n/a			
	50 Fr	0:50	1:00	1:10	50 Fr	0:55	1:05	1:15
	50Ba/FI	0:55	1:10	1:20	50Ba/FI	1:05	1:15	1:30
	50 Brst	1:05	1:20	1:30	50 Brst	1:10	1:25	1:35
	75 Fr	1:15	1:30	1:40	75 Fr	n/a	n/a	n/a
	100 Fr	1:40	2:00	2:15	100 Fr	1:50	2:10	2:35
	150 Fr	2:25	2:55	3:25	150 Fr	2:45	3:15	3:55
	200 Fr	3:15	3:55	4:30	200 Fr	3:40	4:20	5:10
	100 IM	1:50	2:15	2:40	100 IM	2:10	2:30	3:00
	200 IM	3:45	4:30	5:25	200 IM	4:15	5:00	6:00
blue	50 Fr	1:15	1:30	1:45	50 Fr	1:25	1:40	2:00
	100 Fr	2:30	3:00	3:30	100 Fr	2:50	3:20	4:00
	150 Fr	3:45	4:30	5:15	150 Fr	4:15	5:00	6:00
	200 Fr	5:00	6:00	7:00	200 Fr	5:40	6:40	8:00
	100 IM	2:50	3:30	4:00	100 IM	3:15	3:50	4:40
	200 IM	5:45	7:00	8:10	200 IM	6:30	7:40	9:20

   Join us at Georgia Tech December 5 2026 for St. Nicks!   
A Festive and Fast SCM meet just before SCM deadlines!

Srpin
Font:
Pink
Arva
Colo

Title: Legs and Speed
Theme: Speedwork
Molly Hoover, Blue Tides Masters

200 swim/kick/pull

3x50@1:00 descend

6x25@:40 burst

6-7 rounds

Pre

100 swim or pull, 85+% effort

rest 20 as a lane

25 blast streamlined kick

hop out and regroup lane

Mai

25 sprint swim from a dive (start each other)

regroup lane

50 easy

200 Swim or pull, breathe every 3rd/4th by 50

50 kick for time

100 kick for time (can you double plus 10 or less your 50?)

50 kick for time (how close to the first one?)

100 easy

Co



Sprint / mid distance.

400 swim

6x50 S/K, K/S 1:00

8x25 3-2-1-0 1:20

Start at 6:00

8x25 ~~WUDK~~ Race : 45

2 at time in lane race (side by side)

12x50 100% at effort emphasis plus 12 1/2

4, breakout, 4 turn, 4 finish 1:15

5x200





- Sprint -

Warm-up

400 mixed swim

4 x 75 swim/kick/swim on 1:20

4 x 50 1:00 descend by 5 seconds

~~1 x 200~~ easy. 8 x 25 3-2-1-0 110 yds - ~~14:00~~ 19:00

Speed

4 x 100 on 2:00 foot touch

first lap 100% ~~1~~ - easy swim 75

Speed Endurance

400

5 x 50 on 1:15

12 1/2 breakout 25 easy 12 1/2 ~~under~~ VDK finish.

4 x 25 :45 100 pace

4 x 50 1:15 KOB ^{sprint.} with 8 VDK off every wall

4 x 50 2:00 200 race pace - 2
700

Kicking

2 x Thr

4 x :45 vertical kicking odds free/evens Fly :25 rest

75 x 1:30 fast 200 pace. :45 Second or faster.

50 easy between.

Blocks.

3 x 37 1/2

Part of
MARRIOTT BONVOY®

Srpint workout (90 mins)

Fontaine O'Connell

Pinkmoamo128@gmail.com

Arvada Jefferson Aquatic Maseters

Colorado

Warm up:	200 swim	
	200 kick	
	200 swim	
Pre main set	4 x 100 Kick/swim/drill/swim (non free)	2:00
	6 x 50 free (desc 1-3, 4-6)	1:00
	12 x 25 Sprint Rotation	0:30
Main Set	8 x 75 (odd- All out, Even- easy)	1:30
	no gear	
	Best 100 (-5 sec)	
	1 x 100 easy	3:00
	12 x 50 (odd-All out, Even- easy)	1:00
	Fins	
	Best 50 (+ 1-2 sec)	
	1 x 100 Easy	3:00
	16 x 25 (odd- All out, Even- easy)	0:30
	Fins and Paddles	
	Best 25	
	1 x 100 Easy	3:00
Cool Down	8 x 50 (25 double arms on the back/ 25 free)	
	200 cool down	
	total	4200

Sprint Workout
Coach Molly Tolford
O*H*I*O Masters
Lake Erie LMSC

Ralph
Bovart -
Bonedensity
article for women

3x [8x50 @ 1:30]
everyone spread
out
in heats)

60 minutes
SCY

Warm Up:

1 x 300 on 6:00, choice
1 x 200 on 4:00, drill/swim by 25
4 x 50 on 1:00, kick
4 x 25 on :35, choice build

Main Set:

1 x 200 free - fast in the flags (fast turns and finishes) on 3:00
10 x 50 choice swim on :55
 3 moderate, 1 fast
 2 moderate, 1 fast
 1 moderate, 1 fast
 1 easy
1 x 200 kick - fast in the flags on 4:00
1 x 200 free - fast in the flags on 3:00
14 x 25 choice swim on :35
 1 moderate, 1 fast
 1 moderate, 2 fast
 1 moderate, 3 fast
 1 moderate, 4 fast
1 x 50 easy on 1:10
1 x 200 choice for time on 3:00
6 x 50 free, on :50
 desc 1-3, 4-6

Recovery:

200 easy choice on 4:00
100 social kick on 2:00

Total 3100 SCY