

ST/IM

Stroke Count/Speed

Todd Whitford – coachtoddgbm@gmail.com

Great Bay Masters (GBM) – NELMSC

90 Min, SCY

400 Choice

4 x 100 4-sided flutter kick w/fins

8 x 25 Free – alt head tap/long dog paddle @ :30

6 Rounds continuous:

- All @ :50
- Keep same pace throughout
 - o 1 x 25 Choice
 - o 1 x 50 Choice
 - o 1 x 75 Choice

1 x 100 easy

1 x 200 Free – get avg strokes/25

4 rounds:

- 1 x 100 free – add 2 strokes to base @ 1:30
- 1 x 100 free – sub 2 strokes from base @ 1:30
- 1 x 50 free – get swolf score @ 1:00
 - o Total strokes + time in sec = swolf score
 - o Try and reduce each round

4 x 150 Choice – alt eFe/FeF by 50

200 easy

4000 yards

Consistency While Tired

Todd Whitford – coachtoddgbm@gmail.com

Great Bay Masters (GBM) – NELMSC

90 Min, SCY

20 min choice warm-up

- Swim, walk, kick, drill, pull...just keep moving

10 Minute FARTLEK kick w/fins as a group

CHALLENGE SET: 50 x 50 Free as follows (1:00 RIB rounds):

- #1 – 10 x 50 @ 0:55 – Find your pace (e.g. easy to maintain, not too slow) and get your average time
- #2 – 10 x 50 @ 0:55 – Using above pace, keep the EXACT SAME TIME for each 50 (+/- 1 second). If you don't make the time more than twice, swim easy until lane finishes. Report how many you successfully completed
- #3, #4, #5 – 10 x 50 @ 0:50/0:45/0:40 – Using above rules, decrease time by 2 seconds/50 each round

Easy warm down

4000ish yards

IM PRACTICE
Jerry Lourigan
Jerry53716.jl@gmail.com
Wisconsin

75 minutes
Short Course Yards

Warm Up
200 Free
200 Choice
300 IM Kick
4 x 25 Build, 25 of each stroke Rev. IM

4 x (1 x 25 fly, arm stroke 3rd kick :30
1 x 25 fly, alternate 3 stroke right arm / 3 strokes left arm :30
2 x 25 fly / fly drill :30
1 x 25 back, 1st ½ length spin drill :40
1 x 75 back 1:20
1 x 25 breast, alternate 2 strokes right / 2 strokes left :40
1 x 75 breast 1:20
1 x 100 free build 1:20
50 easy choice, hold form)

2 x (4 x 25 Dolphin kick :30
4 x 25 Breast kick :30
4 x 25 Flutter kick on back :30
50 easy choice, hold form)

300 Warm down

MID-DISTANCE/THRESHOLD PRACTICE

Jerry Lourigan

Jerry53716.jl@gmail.com

Wisconsin

60-75 minutes

Middle Distance/Threshold, Free

Warm Up

300 Free

200 IM KICK

8 X 50 CHOICE BUILD 1:00

3 x (3 X 200 FREE, Handi-Cap, about 90 seconds recovery

**(take off is based on swim time for 200, goal is all swimmer
are racing to the finish together)**

200 easy)

300 Warm Down

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%)

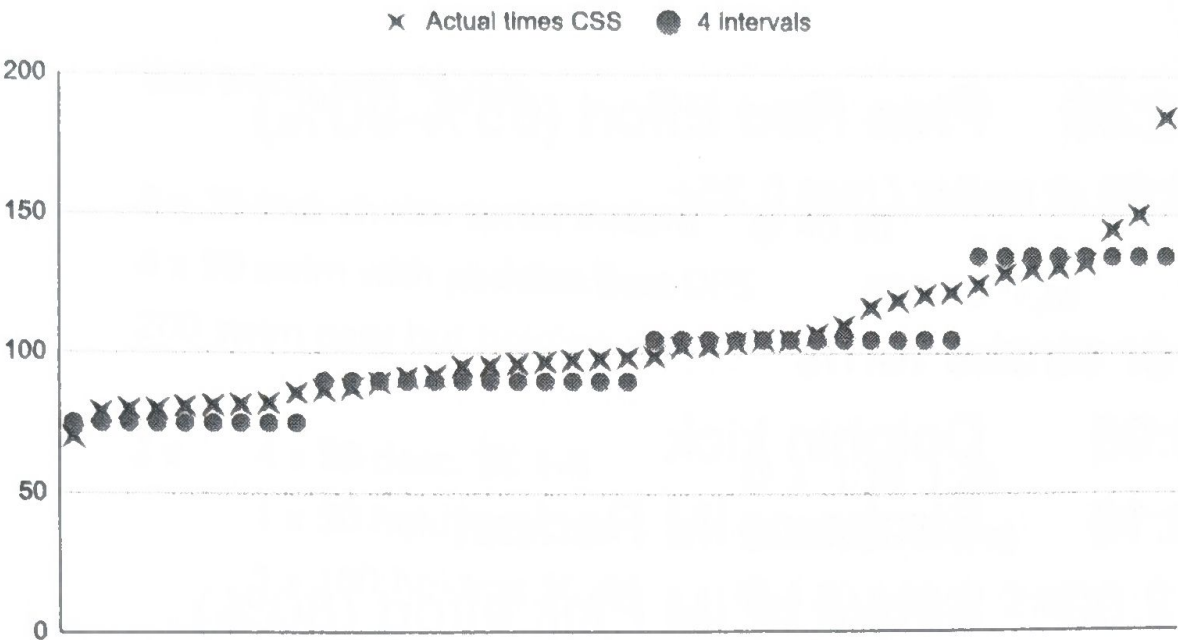
1 x 50 EZ

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
	50Ba/FI	0:55	1:10	1:20	50Ba/FI	1:05	1:15
	50 Brst	1:05	1:20	1:30	50 Brst	1:10	1:25
	75 Fr	1:15	1:30	1:40	75 Fr	n/a	n/a
	100 Fr	1:40	2:00	2:15	100 Fr	1:50	2:10
	150 Fr	2:25	2:55	3:25	150 Fr	2:45	3:15
	200 Fr	3:15	3:55	4:30	200 Fr	3:40	4:20
	100 IM	1:50	2:15	2:40	100 IM	2:10	2:30
	200 IM	3:45	4:30	5:25	200 IM	4:15	5:00
blue	50 Fr	1:15	1:30	1:45	50 Fr	1:25	1:40
	100 Fr	2:30	3:00	3:30	100 Fr	2:50	3:20
	150 Fr	3:45	4:30	5:15	150 Fr	4:15	5:00
	200 Fr	5:00	6:00	7:00	200 Fr	5:40	6:40
	100 IM	2:50	3:30	4:00	100 IM	3:15	3:50
	200 IM	5:45	7:00	8:10	200 IM	6:30	7:40

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

Rose Bowl Masters

Chad Durieux

DPS-Distance Per Stroke

800 mixer end 16 min

8 x 25 kick choice sprint #4 @ 40 50

4 x 50 swim with paddles best DPS @ 1:10 1:20

200 swim easy but holding dps

2 x 4 x 50 desc. SC 1-4 @ 1 1:10 1:20

1 x 50 holding SC #4 @ 50 55 1 1:10

1 x 100 holding SC #4 @ 1:40 1:50 2 2:20

1 x 200 holding SC #4 @ 3:20 3:40 4 4:40

-2nd round through non free same interval

400 warm-down

Rose Bowl Masters

Jim L Workout 1 - 200/100 Pace

~~1~~ 400 DPS Smooth

~~2~~ 2 x 100 Non-Free Easy

~~3~~ 6 x 50 Free Desc

~~4~~ 4 x 25 Free — start w/ 10 s
Prone Float

2 Rounds

~~5~~

[200 Steady
2 x 100
#1 - 1st 50 Steady / 2nd Strong
#2 - 1st 50 Strong / 2nd Steady
4 x 50 Hold Fast 200 Pace

Recovery

~~6~~

[300 Alt NF / Free
300 Social Kick

2 Rounds

~~7~~

[100 Steady #1 steady / strong
2 x 50 Free #2 strong / steady
4 x 25 Hold Fast 100 Pace

Warm Down

[6 x 50 Kick EZ
6 x 50 Choice Ascend

Title: Endurance

Theme: Race simulation, speed

Molly Hoover, Blue Tides Masters

200 Swim/Kick/Pull

3x100, rest :20

1. stretch

2. build

3. punch the 50, then perfect for a 50

3-5x

4x50 on 1:00/1:10/1:20

*EXCEPT #3 is on a 10 sec shorter interval

These are all at 200 type race pace, so FAST. The squeeze on #3 is going to put some pressure on #4. Fight it.

50 steady with no breath on first 2 arms off both walls, rest 30+

75 at 200 pace

50 steady with 3 dolphin kicks off both walls

4x

50 kick with board on 1:00, steady

2x25 on :40, fast UWDK

25's sprint (dive?)

Theme: Stroke

Molly Hoover, Blue Tides Masters

200 swim/kick/pull

4x50@1:00/1:10

stroke/free by 25

4x(75 stroke @ 1:20/1:30/1:40/1:50/2:00 + 75 free @ same)

4x(75 stroke @ same + 50 free @ 1:00/1:05/1:10)

4x(75 stroke @ same + 25 free @ ::35/40)

Bonus: 4x 75 stroke @ same

50/100 easy

16x25 on :40with fins

1. half UWDK, half back kick

2. easy swim

3. all UWDK

4. Fast swim

100 easy

6x50@1:00

pull

odd - buoy at knees, paddles on finger tips

even - normal

Theme: IM
Molly Hoover, Blue Tides Masters

100 SKIPS

8x25@:40
2 each stroke, drill/swim by 25

2-3 rounds

2x50 @ 1:00/1:10/1:20
fly/back by 25
2x75@1:30/1:40/1:50
50 back/25 breast
2x100@1:45/2:00/2:15/2:30
50 breast/50 free
1x200 IM or FrIM
rest 1:00

16x25 @ :40
kick with fins
1. 5 kicks uw
2. 8 kicks uw
3. 15 kicks uw (or all)
4. ez swim

Stroke Workout

Tom Phipps

tappertommd@gmail.com

Oregon City Tankers

OREG

90 Minutes SCY

400 RIMO Swim/Kick/Swim/Drill

6 X 75 @ 1:30 Kick

8 X 50 Pull DPS @ 1:00

4 Times Through

3 X 100 @ 2:00

50 Recovery @ 1:30

R1) 100s=IM

R2) 100s=25 not free/25 Free X 2

R3) 100s=Freestyle

R4) 100s=Not Free

200 Pull @ 5:00

12 X 25 Kick @ :40

Masters Minute

12 X 25 Sprint @ :40

Masters Minute

Broken 100 Choice for time 10SR @ each 25

4 X 100 @ 2:15 Cool Down

Ellen Campbell				
Highlands Ranch Masters Swimming				
LMSC: COMSA				
		"THE VARIETY SHOW"		
Warm Up: SKP 3-2-2				
round #	1	2	3	4
		w/fins		w/fins
4x25	S @30	K @ 30	P @ 30	S IMO @ 30
3x50	K @ 1:10	P 25BR/25FR @ 1:00	S Stk/Fr @ 1:00	K dolphin on back
2x75	P @1:15, 1:30, 1:45	S Br/Fr/Br	K choice	P
1x100	S Fast	K fast	P fast	S Fast
Take 1:00 between rounds				
Cool down 300 choice				
3000				

IM Workout

Coach Tom Phipps

tappertommd@gmail.com

Oregon City Tankers

OREG

90 Minutes SCY

200 Swim

4 X 100 FRIM @ 2:00

6 X 50 Kick @ 1:10

6 X 75 (50) Pull @ 1:30 3/5/7 stroke breathe

6 X 200 @ 4:00 as

Odd: 100 Free/⁽¹⁰⁰⁾50 BA/50 Kick

Even: 50 FR/50 Fly/⁽⁵⁰⁰⁾50 Br/50 Dolphin

3 X 100 IM @ 2:00

3 X 100 Back @ 2:10

3 X 100 Free @ 1:50

3 X 100 Breast @ 2:20

3 X 100 @ 2:00 as

25 Fly/ 50 Free/ 25 Breast

3 X 100 Free @ 1:30

4 X 25 with 3 deep breaths @ end

Stroke Workout
Melissa Mizwa
Chicago Swedish Fish Masters
ILMSA

Duration of Workout: 60 min
Course: SCY

Breast Tech Focus

Warm up (700)

200 choice

4 x 75 as 50 free / 25 back (R:15)

200 pull, breathe ev. 3-5

Dolphin Kick Set (300)

3x through (R:15)

- 3 x 25 Breast arms w/ dolphin kick
- 1 x 25 EZ free

Main (1000)

Interval that allows ~ R:10-12 on 25's / R:20 on 75's

6 x 25 Breast kick with pull buoy

2 x 75 25 breast / 50 free

--

6 x 25 2 kicks-1 pull

2 x 75 as breast / free / breast by 25

--

6 x 25 ~~Breast swim with pull buoy~~ 3 Pulls / 1 Kick

2 x 75 Breast build with best technique

-- extra rest

2 x 50 fast breast with perfect technique (R:20)

Cool Down (200)

200 EZ Choice

Total: 2200 SCY

Colorado

Warm up:	500 Swim (4th 25 is back)	
	200 kick	
	200 Drill/Swim	
Pre main set	4 x 100 Kick/swim/drill/swim (IM ORDER)	2:00
	6 X 50 Baby IM	1:05
Main Set	4 ROUNDS (IM ORDER)	
	4 X 50 Drill/Swim	1:05 / 1:15
	1 x 200 IM	3:15 / 3:30
	1 X 50 FAST FREE	1:00
	50 EASY	2:00
	A Rounds (IM order)	
	4 X 25 SWIM	0:30
	1 X 100 IM	1:45
Cool Down	200 Cool down	
	total	4600

Lanes 1-2		Lanes 3-4		Lanes 5-6	
Warm Up 600y	200 Swim 8x50 (25 drill/25 swim)	Warm Up 700y	300 Swim (every 4th lap non-free) 8x50 (25 drill/25 swim)	Warm Up 900y 850y	400 Swim (every 4th lap non-free) 4x75 (50 drill/25 swim)
Pull Set 300y	2x150 Pull (breathe 3/5/7 by 50's)	Pull Set 400y	2x200 Pull (breathe 3/5/7/9 by 50's)	Pull Set 600y	3x200 Pull (breathe 3/5/7/9 by 50's)
Main Set 1200y	REPEAT 3 TIMES (IM order or Choice) 2x50 Kick Choice 2x50 Swim Choice 100 Swim Free (active recover) 100 IM	Main Set 1500y	REPEAT 3 TIMES (IM order or Choice) 2x50 Kick Choice @ 15s rest 2x50 Swim Choice @ 15s rest 100 Swim Free (active recover, 20s rest) 200 IM @30s rest	Main Set 1500y	REPEAT 3 TIMES ^{SWIM FREE} (IM order or Choice) 2x50 Kick Choice @ 1:00 2x50 Swim Choice @ 1:00 100 Swim Free (active recover @ 1:40) 200 IM @ 3:20
Cool Down	200 Easy	Cool Down	200 Easy	Cool Down	200 Easy

IM WORKOUT

Coach: Melanie Dullea

Team: South Suburban Finaddicts
CO

75 min/SCY OR SCM/3300-3500

Warm-up: 400 S, 200 K, 100 P

Swim: 8x100 4 fr @cruze + 15

4 IM Reg/Rev/Med Relay/
choice@+20

Kick: 4x150 IM Drop-a-stroke

(Leave out stroke you don't want to
do)

Pull: 2x200 -all@+15

4x100. -either neg split or descend
1-4

4x50

Swim : 2-4 X- 2x25@+10/12.5 sprint
1x50 ez

Workout	IM, 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
200 free 100 choice	250 free 100 choice	300 free 100 choice
4 x 25 - In IM order - Focus on Technique 10 sec btw people 20 sec after each 25	4 x 25 - In IM order - Focus on Technique 10 sec btw people 20 sec after each 25	4 x 25 - In IM order - Focus on Technique 10 sec btw people 20 sec after each 25
100 easy	100 easy	100 easy
4 x 150 - Odds = 150 IM/Free* - Evens = 150 Free 10 sec btw people 20 sec after ea 150	6 x 150 - Odds = 150 IM/Free* - Evens = 150 Free 10 sec btw people 20 sec after ea 150	8 x 150 - Odds = 150 IM/Free* - Evens = 150 Free 10 sec btw people 20 sec after ea 150
150 IM/Free = 25 Fly, 25 Fr, 25 Bk, 25 Fr, 25 Br, 25 Fr		
75 easy	75 easy	75 easy
You will end up in the deep end and start your next set from there. You can do the odds of this next set either - Diving from the side, or - Diving from the blocks, or - Pushing off from the wall.		
8 x 25 on coach's start - Odds = fast, IM order - Evens = easy, choice	8 x 25 on coach's start - Odds = fast, IM order - Evens = easy, choice	8 x 25 on coach's start - Odds = fast, IM order - Evens = easy, choice
125 Warm Down	125 Warm Down	125 Warm Down
Total = 1500 Yards	Total = 1850 Yards	Total = 2200 Yards

Stroke Workout

Coach Shannon Dee

Jeffco Aquatic Masters (AJAM)

Colorado

Duration of Workout (90 minutes)

Course (SCY)

Warm Up:

800 SKIP

Pull Set: (450) drill with buoy, no paddles.

3 Rounds

4x25 drill

50 baby IM

Drills:

R1) Double arm pull, under water recovery

R2) single arm pull, under water recovery

R3) catch-up

Main Set: (2600)

~~Goal: the sum of the 4x, minus 30, should be faster than the split of 3:00 or 2:00~~

4x through –

2x50 drill ^{swim} on 1:00

2x75 choice on 1:30/1:40

4 x through –

2x75 choice on 1:30/1:40

2x50 free on 1:00

4 x through –

50 choice SPRINT on 1:20 (should get ~ :30 rest)

100 choice ez/recovery on 2:30 (should get ~ 1:00 rest)

Warm Down:

200 choice, add in 2x25 scull

Total 4,100 SCY

DALLAS YMCA MASTERS WORKOUT:

MID DISTANCE/STROKE

WARMUP: 400 Reverse IM- each 100 by 25 is drill, drill, kick swim. 200 pull.

TECH SET: 8x25 swim with fins (free, back, or fly)
3, 4, 5, 6 UW kicks off the wall x2

MAIN SET: 10x50s x 2 Rounds

Round 1: Free

#1-3 on :50

#4-6 on :45

#7-9 on :40

#10 on :35

50 active recovery

Broken 200 free for time from block (start on the :30)

100, 50, 25, 25 with exactly :10 rest in between

**50-100 active recovery*

Round 2: Stroke (no free)

#1-3 on 1:00

#4-6 on :55

#7-9 on :50

#10 on :45

50 active recovery

Broken 200 stroke for time from block (start on the :30)

100, 50, 25, 25 with exactly :10 rest in between

COOLDOWN: 100 easy KOB, 100 easy swim

2 fly strokes

4 free strokes

** For those who can't fly*

150 IM

** leave out
Stroke you don't
want to do*

TOTAL: 2,500 yards



WARM-UP: (400) - 10 min on your own

WARM-UP SET: (400) 10 x 50s - All Freestyle

DRILLS: (100) 4 x 25s - Breaststroke Progression
(Kick OB - Alt arms - 1 stroke 2 kicks - Pull w/free kick)

MAIN SET: (2175)

PART 1 (225): BREASTSTROKE SWIM
25-50-75-50-25 (35 seconds per 25)

PART 2 (1200) : FREESTYLE SWIM

3 x 50s @ :50; 3 x 100s @ 1:30; 3 x 200s @ 3:15;
3 x 100s @ 1:30; 3 x 50s @ :50

PART 3 (300) : KICK FREESTYLE - 6 x 50s @ 1:00

PART 4 - (400) : IM SWIM

25Fly-50Back-75Breast-100Free-75Breast-50Back-25Fly

SPRINT CITY or CHILL OUT (700)

4 x 100s - SWIM - sprint 25 (1st 25 then 2nd, etc)

4 x 50s - Kick - sprint down easy return

4 x 25s - (0, 1 or x breaths) plus 5 min COOL DOWN

*IM/Breast Workout; Coach Eric Bleuel; pipelineparalegal@yahoo.com;
Ventura County Masters; Southern Pacific Masters Association; 90 min; SCY

Stroke / IM.

Michael Gemelli

MichaelJGemelli@gmail.com

Rutherford Masters Team

New Jersey LMSC

Duration: 70-90 minutes SCM

800. Warm-Up ~ 20 minutes
300 Free / 4 x 50 kick 13 x 100 p-11

600 Pre-set 12-16 minutes
8 x 75 KDS @ 1:30 1:45 2:00
kick drill swim

1800 Main Set

6x {	150	Pull	@	2:30	2:45	3:00
	50	Free	@	0:50	1:00	1:10
	50	IM trans.	@	1:00	1:10	1:20
	50	Choice Sprint	@	1:10	1:20	1:30
	50					

900 optional 6x { 50 SPRINT / 25 KOB @ 1:30 1:40 (fins OK)
25 Kick Sprint / 50 easy @ 1:30 1:40

300 Cool down 300 easy
4400 m

Stacey Kane

Cbst.coachstacey@gmail.com

Cross Border Swim Training – CBST

LMSC – Michigan

90 + Minutes – SCM

Total Distance: 4050 Meters

Warm – Up (900 meters)

400 Swim – Choice

100 Streamline Kick on Back

100 Choice

12 x 25 @ 30/35/40 Descend 1-4

Pre-Set (500 meters)

300 Pull (Build by 100) @ 30 sec rest

4 x 50 Pull @ 50/55/1 – Descend 1-4

Main Set (2650 meters)

10 x 50 – Choice Fast @ 50/55

100 EZ @ 210

8 x 50 Best Average @ 1

100 EZ @ 210

6 x 100 Choice (50 Moderate & 50 Race) @ 2

100 EZ

4 x 50 Sprint @ 120

6 x 75 Kick @ 130/140

200 Warm Down – Choice

Stacey Kane

Cbst.coachstacey@gmail.com

Cross Border Swim Training – CBST

LMSC – Michigan

75 Minutes – SCM

Total Distance: 2900 Meters

Warm Up

200 Choice

4 x 50 Pull – Descend 1-4 @ 1/115/130

4 x 50 Kick – Descend 1-4 @ 1/115/130

(50's – toys are optional)

400 IM Broken

Fly	Back	Breast	Free
4x25	100	2 x 50 @ 115	100
100	4 x 25	100	2 x 50
2 x 50	100	4 x 25	100
100	2 x 50	100	4 x 25

100 EZ between each 400

All 25's are all out @ 130

All 50's Max underwater and fast turns @ 50/55/1

All 100's build to crazy fast with strong finish @ 145/155/210

300 warm down

IM/Stroke Workout
Kate Boyd
Chicago Swedish Fish Masters (SWED)
ILMSA

Duration of Workout: 75 minutes
LCM

Warm-up 1 (500m)

- 200 Swim
- 200 IM drill
- 100 Kick

Warm-up 2 (200m/700)

- 4x 50s IMO 25 drill/ 25 swim

Main Set (1800m/2500m)

- 1x400 50 Stroke/50 Free on 7:00/7:30
- 4x100 Free on 1:45/1:50
- 1x 300 50 Stroke/50 Free on 5:15/5:45 (consider IMO for stroke)
- 3x100 Free 1:40/1:45
- 1x 200 IM on 3:20/3:45
- 2x100 Free 1:30/1:40

Technique Set (400/2900m)

- 8x50 on 1:00
 - Odds: 4 dolphin kicks off each wall, then distance per stroke
 - Evens: 5 breaths max per 50

Cool down (200m/ 3100m)

- 200 Swim

Total: 3100m LCM

Warm-Up

- | | | |
|-----|-----------------------------------|------|
| 300 | SWIM and Pull | 1000 |
| 200 | Kick and 200IM 25 Drill / 25 Swim | |

Main Set

- | | | |
|------------|--------------------------------|----------|
| 1 | 200 Pull | 250/1250 |
| | Easy 50 | |
| 3 x 100 | Fast Free 10 sec rest | 350/1600 |
| | Easy 50 | |
| 1 | 200 Pull | 250/1850 |
| | Easy 50 | |
| 4 x 75 | Fast Free 10 sec rest | 350/2200 |
| | Easy 50 | |
| 1 | 200 Kick with fins | 250/2450 |
| | Easy 50 | |
| 4 x 25 | Fast Choice 10 sec rest | 150/2600 |
| | Easy 50 | |
| 4 x 125 | IM Set 50 each stroke 25 other | 550/3150 |
| | Easy 50 | |
| 1 x 100 IM | | 150/3300 |
| | Easy 50 | |
| 4 x 25 | Sprint 15 sec rest | 100/3400 |
| Warm Down | 200 choice | 200/3600 |

Why Can't Football Players wear GLASSES on the Field????? Because Football is a CONTACT Sport!!!

RAM Noon Practice Wednesday 9-16-26

Warm-Up

800

200 Drill -Swim, Kick, Pull, Swim

200's Wednesday

6 x 200 Your choice of stroke. Pull if you like.

Round 1 2 x 200 Control 2:40, 2:50, 3:00 450/1250

Easy 50

Round 2 2 x 200 work Middle 100 2:35, 2:45, 2:55 450/1700

Easy 50

Round 3 2 x 200 Work Back 100 2:30, 2:40, 2:50 450/2150

Easy 50

Kick Set

2 x 200 50 each Front, Left, Right, Back
Easy 50

450/2600

Main Set 3 rounds

1200/4000

4x50 Free Pace NOT SOCIAL HOUR!!!!

50 Easy

4x25 IM Work These

50 Easy

Warm Down YOUR CHOICE



What is the Grim Reaper's Favorite type of Street?

The Dead End St.

Monday 9-21-26 RAM NOON Practice

RAM

Raleigh Area Master

Warm-Up

400 Swim every 3rd dog paddle, 200 Kick, 200 Pull, 200 Swim 1000

IM SET

900/1900

2 x 150 50 FLY 2 Left-2 right-2 together Drill

100 Back

2 x 150 50 back Clap Arm Drill

100 Breast

2 X 150 50 Breast Long Guide Drill

100 free

MAIN SET – IM/FREE SPEED SET (Odds w/FINS Even NO FINS) 1500/3400
odds 1st & 3rd IM even 2nd Free

- * 1x100 IM/Free (1:10, 1:15, 1:20, 1:25)
- * 4x50 IM/Free (1 Sprint 2 Build 3 Sprint 4 ½ Fast ½ Easy) 1:10
- 3x * 1x100 IM/Free Drill on 2:00
- * 4x25 Sprint on :30 IM/free
- 50 easy after each round

Back or Breast Set middle start work turns

400/3800

8 x (50 FAST Streamline in & out of walls)

WARM DOWN

Choice 200 EASY LONG ARMS

200/4000

What do you call a FRENCHMAN in sandals ?????

Phillipe Floppe

What did the Fish swell at when he hit the concrete Wall?? DAM!!

9/14/26 RAM Noon Practice



Warm-Up

800

300 pull every 3rd im stroke 200 pull, 200 kick 100 IM Drill

Pre set

Round 1 4 x 50 (25 easy /fast, fast/easy, FAST) 400/1200

4 x 25 Build FREE
100 easy

Round 2 4 x 50 (25 easy /fast, fast/easy, FAST) 400/1600

4 x 25 Build Non Free ROUND
100 easy

Main Set Pull (You can use other strokes)

5 x 200 Swim desc each by 50 2200/3800
100 easy

5 x 200 Pull Choice 100 desc each by 50
100 easy

4 x 25 IM FAST on 60 100/3900

Warm Down YOUR CHOICE 300

300/4200

What do you call a Yam in a hotel?

Stroke: Developing Butterfly technique and endurance

April Cheadle

AprilC@biparks.org

Bainbridge Aquatic Masters

PNA

60 minutes SCY with shallow end if possible

Total yardage range 2400-2800

Warm-up: 8:00 swim choice, every 5th length=Breaststroke with dolphin or dolphin on rail

Pre-Set: 2-3x through:

2-3 wall push-ups to identify power zone

6 standing butterfly pull pathways and exits-fly away early

Main Set: 3x through @ no more than :10-:15 seconds rest after each distance

150 free swim

125 free swim

100 free swim

75 free swim

50

100 Active Recovery(AR)

-First 25 of every distance=fly swim as far as possible

-Last 25 of every distance=single arm fly drill

Optional Additions:

Round 1: swim

Round 2: pull-no paddles

Round 3: swim with fins

Recovery/Thoughtful refocus: 8x50 25 free swim with rotation focus/25 double arm breast on back

-

Top: A (1:15) version. Yards: 3,825.
Bottom: B2 (1:45) version. Yards: 2,825.

IM

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

1 x 100 r. 0:10 Kick IM

{4x Repeat 4x IMO

4 2 x 50 Stroke Drill / Swim by 25 rest 0:15

2 x 50 Stroke 85% effort (pink) rest 0:15

2 x 50 Free Drill / Swim by 25 rest 0:15

4 x 50 Free 90% effort (red) rest 0:15

end repeat 4x}

5 x 25 turns from midpool

5 x 200 @ 3:30

1st & 3rd IM | 2nd & 4th Free | 5th choice

1 x 100 cooldown

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

1 x 100 r. 0:10 Kick IM

{3x Repeat 3x 1st: Fly 2nd: Back 3rd: Breast

3 2 x 50 Stroke Drill / Swim by 25 rest 0:15

2 x 50 Stroke 85% effort (pink) rest 0:15

2 x 50 Free Drill / Swim by 25 rest 0:15

4 x 50 Free 90% effort (red) rest 0:15

end repeat 3x}

2200

5 x 25 turns from midpool

5 x 100 @ 2:20

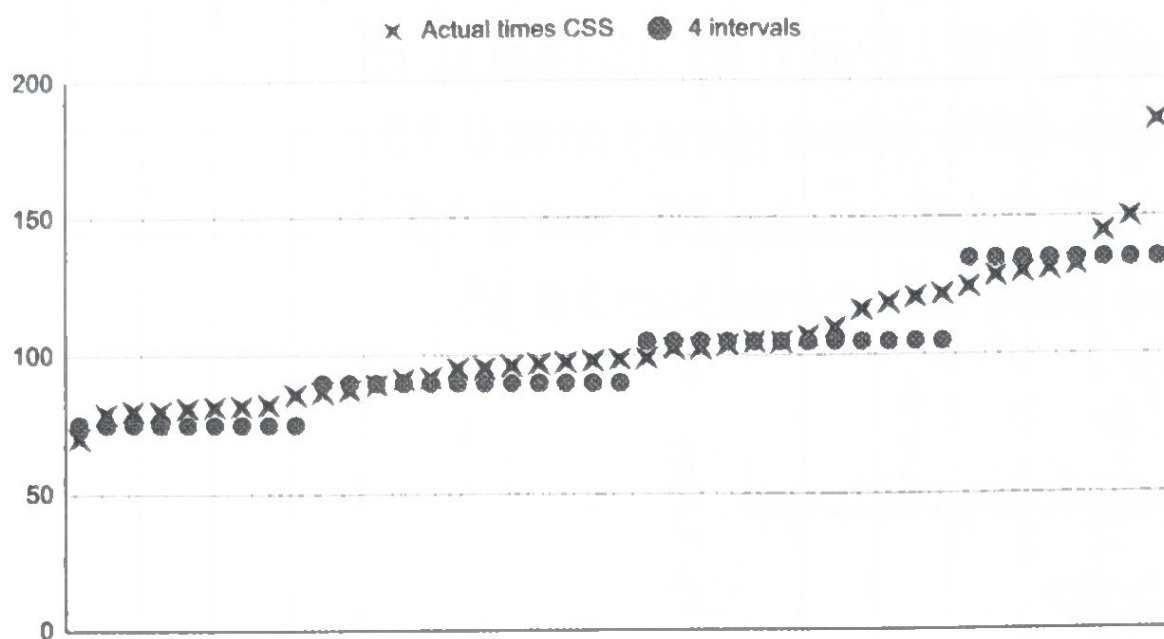
1st & 3rd IM | 2nd & 4th Free | 5th choice

1 x 100 cooldown

Andrea Knight (andreamknight@gmail) Atlanta Rainbow Trout

About this workout: IM day! A gets a higher % of their workout as IM. C has stroke drills. **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
	50Ba/Fl	0:55	1:10	1:20	50Ba/Fl	1:05	1:15
	50 Brst	1:05	1:20	1:30	50 Brst	1:10	1:25
	75 Fr	1:15	1:30	1:40	75 Fr	n/a	n/a
	100 Fr	1:40	2:00	2:15	100 Fr	1:50	2:10
	150 Fr	2:25	2:55	3:25	150 Fr	2:45	3:15
	200 Fr	3:15	3:55	4:30	200 Fr	3:40	4:20
	100 IM	1:50	2:15	2:40	100 IM	2:10	2:30
	200 IM	3:45	4:30	5:25	200 IM	4:15	5:00
blue	50 Fr	1:15	1:30	1:45	50 Fr	1:25	1:40
	100 Fr	2:30	3:00	3:30	100 Fr	2:50	3:20
	150 Fr	3:45	4:30	5:15	150 Fr	4:15	5:00
	200 Fr	5:00	6:00	7:00	200 Fr	5:40	6:40
	100 IM	2:50	3:30	4:00	100 IM	3:15	3:50
	200 IM	5:45	7:00	8:10	200 IM	6:30	7:40



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



Omaha Masters - Stroke or IM practice

Repetitions/ Intervals						Distance	Details
						4/3X100 swim	1-final 50 str, 2-mid 50 str, 3- outside 25 str, 4- 1st 50 str
						200/100 kick	½ fly kick on back, ½ breast kick
						4/3x50 pull	descend; 25 free/ 25 back
	Lane 2		Lane 4		Lane 6		
3:00	3:20	3:50	4:10	4:35	5:15	200 swim	1- final 100 str, 2- mid 100 str, 3-outside 50 str, 4- 1st 100 str, 5- all str
5	5	5	5	5	5		
1:40	1:50	2:00	2:15	2:30	2:50	100 swim	1st ½ of set descend FrIM, 2nd ½ of set descend IM*
12	12	10	10	8	6		* fly option as fly drill of choice
:50	:55	:60	1:05	1:15	1:25	50 swim or pull	1st ½ of set as 25 free/ 25 back; 2nd ½ of set choice
16	10	8	6	6	4		
:35	:40	:40	:45	:45	:50	25 swim	speed pattern - f, e, f; repeat
20	20	20	12	12	12		stroke pattern - fl, bc, br, fr; repeat

1000 WU Choice 15 Minutes Mon – Aug 31st

1600 (1450) 8(6) X 75 S, 20 sec

“25 non-free, 50 free”

3400 (2950) 200-1(0)x150-3x100-200-

1(0)x150-4x75-200-1(0)x150-3x50 S,

20 sec between distances

200=100 IM+100 fr; 150 = fr; 100=IM

75 & 50's: 25 IM order + 50/25 free

3550 (3100) 150 easy

3950 (3400) 150 – 100 – 3(1)x50 K, 10 sec

4650 (3800) 7(4) X 100 P, 20 sec

4750 (3900) 4 X 25 S, 20 sec

“odd # easy, even # sprint”

4900 (4050) 150 WD

IM

Jamie Louie

jamie.jklouie@gmail.com

COSA Masters

Colorado LMSC

Workout duration is 90 minutes

SCY

IM session, SCY

Scott Burt

Petersburg Whitecaps

Alaska

Warmup up:

200 swim, 200 kick, 200 pull

Drills:

4X25 drills for each stroke

Kicks:

4X50 fly kick with fins, 20 sec rest

4X50 free kick with fins, 20 sec rest

4X50 breaststroke kick, 20 sec rest

Main Set: As always, focus on streamlines and strong underwaters

2X25 each stroke, IM order, moderate pace. 10 sec rest

4X100 IM, 30 sec rest

2X200 IM, 1st 25 of each stroke drill, 30 sec rest

↳ Same Drills as before

200 Cooldown

Total 2800 yards

IM- Focus: Clean walls in transitions

Tonya Heike

SAM- Snohomish Aquatic Masters

PNA

60 minutes SCY

Warm Up:

300 Choice

4x50 kick IMO

4x50 Drill/swim IMO (Single arm drill)

4x25 choice stroke descend

Main Set:

2x through

4x50 IMO 25/Fr 25 R: 15

100 IM R:15-:30

4x50 Fly/BK, Bk/Br, Br/Fr or straight IMO R:15-:30 depending on effort

200 R1 IM R2 Free R: 15

100 Choice Recovery R 1:00 Repeat

8x25 Choice Odds-fast Evens Recovery

100 Back

100 Choice or social kick

Total: 2800 SCY