

300 50 TR  
 25 REVMO  
 6x100 FR } ODD Wick-DRILL  
 EVEN DRILL-FWIM

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400/350/300 @ 5'30"

4x200/175/150 @ 2'30"  
 1'30" R3r

400/350/300 @ 5'30"

6x150/125/100 @ 2'  
 1'30" R3r

400/350/300 @ 5'30"

10/9/8 x 100 10x @ 1'20"

9x @ 1'30"

8x @ 1'40" OR 10x

2x50 @ 1'

1-4

FAST

FL

FAST

choice

5-8

Bk

choice

9-12

BR

choice



300 FR-CHOICE-IM

4x100 REV IMO } 25 NBK  
50 DRILL  
25 SWIM

8 [ 100 IM @ 1'45"  
3x50 @ 1' #1 FL-BK  
#2 BK-BR  
#3 BR-FR  
4x25 @ 30" IMO BY RND } #1,5 FL  
#2,6 BK  
#3,7 BR  
#4,8 FR

PULL OR SWIM

6x200/175/150 } 1 @ 2'45" DR  
1 @ 3' smooth  
#6 ALL OUT



3000 free-choice-1M

2x150 kick-DRILL-SWIM } #1 choice

3x100 choice } #2 BEST  
#1 kick-DRILL  
#2 DRILL-SWIM  
#3 SWIM

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4x [ 8x50 @ 1' + 50 @ 2' ] RND } #1,3 { 25 FAST, 25 EZ  
#2 { ODD MOD, EVEN FAST  
#4 ALL FAST

9x200 / 115 / 150

MOD

1 @ 3'

1 @ 3'15"

1 @ 3'20"

DEF

3 @ 2'55"

2 @ 2'50"

1

80%

1

100%



300

50 FR  
25 REV IMD

10 x 50 FR

ODD  
EVEN

KICK / DRILL  
DRILL / SWIM

} 10" REST

PULL OR SWIM

1/4 x 3000 / 275 / 250 / 225 ...

MODERATE

DESCEND

1 @ 4'30"

4 @ 3'45" - 75-85%

1 @ 4'30"

3 @ 3'40" - 80-90%

1 @ 4'30"

2 @ 3'35" - 90-95%

1 @ 4'20"

1 ALL OUT - 100%

18 x 50 @ 55"

25 FAST

25 FR

1-6 FL

choic

7-12 BK

choic

13-18 BR

choic



300 free-choice - 1M

6 x 75 } ODD choice  
          } EVEN FL-BK-BR } NBK-DRILL-SWIM

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4 x [ 8 x 75 } ODD FR @ 1'10"  
          } EVEN @ 1'20" Run } #1 FL-BK  
          + 1 REST } #2 BK-BR  
                                  } #3 BR-FR  
                                  } #4 FL-BK

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PULL OR SWIM

3 x [ 4 x 150 / 125 / 100 @ 1'45"  
          + 100 smooth @ 2'



300 } 50 FR  
25 REVIM

8 x 50 } 1 kick  
1 DRILL / SWIM } choice  
1 SWIM FR  
1 SWIM choice } 12

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4 x [ 12 x 25 } 000 FAST @ 25'  
EVEN FAST @ 35'  
50 smooth @ 1'  
100 ALL OUT @ 3'

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PULL OR SWIM

2 x [ 400 / 350 / 300 @ 5'20"  
2 x 200 / 175 / 150 @ 2'40"  
4 x 100 / 75 @ 1'20"  
+  
1' REST



400 75 FR  
 25 REVIMU  
 300 FR: KICK-DRILL-SWIM  
 200 FR SWIM OR PULL

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300/250 @ 4' SMOOTH FR  
 200  
 4x (6x 150/125/100) } 2 @ 2  
 2 @ 150"  
 2 @ 150"  
 + 1:30" REST (90-110" OPTIONAL)



400 } 75 FR  
25 REV IMO

300 } 50 FR  
25 REV IMO

200 } 25 FR  
25 REV IMO

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3x [ 8x100 } ODD FR @ 1'45"  
+ 1' REST } EVN @ 2' } #2 FL-BK  
#4 BK-BR  
#6 BR-FR  
#8 IM

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PULL OR SWIM

15x100 } 4 STRONG @ 1'30" OR 10"-15" REST  
1 SMOOTH @ 1'45" OR 20"-30" REST



300 50 FR  
25 REV MD

4 x 125 FR } 25 Kick  
50 2L-2R  
25 CATCH UP  
25 FINGER DRAG

3x [ 300/275/250 ... @4' STRONG  
2 x 200/175/150 @2'45" STRONGER  
3 x 150/125/100 @2'05" FAST  
4 x 50 @45" OR 10" REST FAST  
+ 1'15" REST  
PULL OR SWIM

12 x 50 @55 } 1-10 25 FAST  
25 FR  
11, 12 EASY WARM  
DOWN



300 free-choice-1M

4x100 REV 1MO (25NBK - 50DRILL - 25SWIM)

4x [ 200 1M @ 4' } 25 DRILL  
25 SWIM  
6x75 @ 1'25" RND } #1 FL-BK  
+ 30" REST } #2 BK-BR  
#3 BR-FR  
#4 FL-BK-BR

PULL OR SWIM

16x75 } 1 @ 1'15" OR 15"  
1 @ 1'10" OR 10"  
1 @ 1'05" OR 5"  
REST  
1 @ 1'30" smooth (#16 @ 1'30")  
WARM DOWN



300 free-choice-IM

6x75

Kick-DRILL-SWIM ODD FR  
EVEN CHOICE

6x

100 MOD @ 1'45"

4x25 @ 30" ODD FAST  
EVEN EASY

100 MOD @ 1'45"

2x50 @ 1' #1 FAST  
#2 EASY

PULL OR SWIM

2x

400 / 300 / 300	@ 5'20"	STRONG
300 / 275 / 250	@ 4'	STRONGER
200 / 175 / 150	@ 2'40"	FAST
100 EASY	@ 2'	



400 75 FR  
25 REV 1MO  
300 FR Kick-DRILL-SWIM  
200 FR DRILL-SWIM  
100 FR ALL OR SWIM

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5 x [ 4 x 200/175/150 } 1 @ 2'45"  
+ 1'30" REST (SO EASY OR) } 1 @ 2'40"  
} 1 @ 2'35"  
} 1 @ 2'30"

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12 x 50 @ 55"

1-10 25 FAST } choice  
25 EZ }

# 11, 12 FAST WARM DOWN