

## Best - Favorite - Swim Set

2x (4 x 200) {125 + 75}  
100 Free + 25 Fly + 75 (Bk+Br+Free)  
100 Free + 25 Bk + 75 (Br+Free+Fly)  
100 Free + 25 Br + 75 (Br+Free+Fly)  
100 Free + 25 Free + 75 (Fly+Bk+Br)

## Best - Favorite - Swim Set

Mix of 100 IM's  
and 100 Free

## Best - Favorite - Swim Set

Transformers

## Best - Favorite - Swim Set

50's of Different Strokes  
& Relays

## Best - Favorite - Swim Set

25's + 50's with long rest

## Best - Favorite - Swim Set

3x (4 x 100) @ base  
Choice (Free/IM/Stroke)

## Best - Favorite - Swim Set

100's or 50's until failure

## Best - Favorite - Swim Set

Free: 100 + 200 + 300 +  
400 + 500 + 600  
IM: 200 Broken by 25's

## Best - Favorite - Swim Set

10 x 100 @ 1:15

## Best - Favorite - Swim Set

Long easy swim:  
Go as far as possible  
in the hour

**Best - Favorite - Swim Set**

50's or 100's

**Best - Favorite - Swim Set**

200 Relay by 25's

**Best - Favorite - Swim Set**

Pull ups + Sprints

**Best - Favorite - Swim Sets**

4 x 100  
4 x 75  
4 x 50  
4 x 25

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