

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

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

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50's or 100's

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200 Relay by 25's

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Pull ups + Sprints

Best - Favorite - Swim Sets

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

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