



X1-PRO AGE GROUP WORKOUT #1

Warmup: 1,000+

Low:

3 x (4 x 25): (4 x :50, 4 x :45, 4 x :40) Free (9:00)
2:00 rest
3 x (4 x 25): (4 x 1:00, 4 x :55, 4 x :50) Stroke (11:00)
2:00 rest
200 x 4:00 swim (50%) (28:00)
*Kick Set (High Intensity)

Mid:

2 x (3 x 50): (3 x 1:30, 3 x 1:20) Free (8:30)
1:00 rest
2 x (4 x 50): (4 x 2:00, 4 x 1:45) Stroke (15:00)
1:00 rest
200 x 4:00 swim (50%) (29:30)
*Kick Set (High Intensity)

High:

3 x (3 x 50): (3 x 1:30, 3 x 1:20, 3 x 1:10) Free (10:00)
1:00 rest
4 x (4 x 25): (4 x 1:00, 4 x :55, 4 x :50, 4 x :45) Stroke (high resistance) (14:00)
1:00 rest
200 x 4:00 swim (50%) (30:00)
*Kick Set (High Intensity)



X1-PRO AGE GROUP WORKOUT #2

Warmup: 1,000+

Low:

6 x (3 x 25): (3 x 1:00, 3 x :55, 3 x :50, 3 x :45, 3 x :40, 3x :35) Free (14:15)

2:00 rest

4 x (2 x 25): (2 x 1:10, 2 x :1:00, 2 x :50, 2 x :40) Stroke (7:20)

1:00 rest

200 swim (2 x 100 IM) on 4:00 (50% effort) (28:35)

*Kick Set (High Intensity)

Mid:

4 x (4 x 25): (4 x :55, 4 x :50, 4 x :45, 4 x :40) Free (14:00)

2:00 rest

3 x (2 x 50): (2 x 2:00, 2 x 1:45, 2 x 1:30) Stroke (10:30)

1:00 rest

200 swim (2 x 100 IM) on 4:00 (50% effort) (30:10)

*Kick Set (High Intensity)

High:

6 x (4 x 25): (4 x :55, 4 x :50, 4 x :45, 4 x :40, 4 x :35, 4 x :30) Free (16:40)

2:00 rest

3 x (2 x 50): (2 x 1:30, 2 x 1:15, 2 x 1:00) Stroke (high resistance) (9:00)

1:00 rest

200 IM swim on 4:00 (50% effort) (30:10)

*Kick Set (High Intensity)



X1-PRO AGE GROUP WORKOUT #3

Warmup: 1,000+

Low:

3 x (4 x 25): (4 x :50, 4 x :45, 4 x :40) IM (9:00)

2:00 rest

3 x (4 x 25): (4 x 1:00, 4 x :55, 4 x :50) Stroke (11:00)

2:00 rest

200 x 4:00 swim (50%) (28:00)

*Kick Set (High Intensity)

Mid:

2 x (4 x 50): (4 x 1:30, 4 x 1:15) Free (12:40)

1:00 rest

2 x (4 x 50): (4 x 1:45, 4 x 1:30) Stroke (15:00)

1:00 rest

200 x 4:00 swim (50%) (30:00)

*Kick Set (High Intensity)

High:

3 x (4 x 50): (4 x 1:30, 4 x 1:20, 4 x 1:10) Free (14:40)

1:00 rest

3 x (4 x 25): (4 x :55, 4 x :50, 4 x :45) Stroke (high resistance) (10:00)

1:00 rest

200 x 4:00 swim (50%) (30:40)

*Kick Set (High Intensity)