



GREG TROY PRO WORKOUT

Greg Troy: Pro's (training 2-3 times a week, minimum 30 minutes up to 1 hour on X1-PRO per session)

Speed Sets (SC):

2 to 6x { 6-8 x 25 @:45 (high resistance)
{ 2 x 50 @:45 (no X1-PRO)

2 to 5x { 3-5 x 100 @1:30 (high resistance)
{ 1 x 100 @1:30 (very fast) (no X1-PRO)

6 to 8x { 4-8 breakouts @:40 rest every 2-4 cycle (high resistance)
{ 4-8 x 25 @:25 (no X1-PRO)

- All and/or in part can be done with/without equipment

Distance Sets (LC):

2 to 3x {1-3 x 100 @4:30 (set resistance to capability)
{3 x 100 @1:30 (400-800-1500 pace) (no X1-PRO)

3 to 5x {3 x 100 @1:20 (medium to low resistance)
{1 x 300 fast @5:00

IM sets (LC):

3x {5 x 100 stroke @1:30 (medium resistance)
{1-2 x 100 stroke @1:50

3 – 6x {4-6 x 50 @:45 stroke
{2 x 50 @45 transition best stroke (no X1-PRO)

- All and/or in part can be done with/without equipment