



SAMPLE WORKOUT #1

SC Distance:

2 x 400 @ 5:00 (Light resistance) (10)
2:00
4 x 200 @ 2:30 (medium resistance) (10)
2:00
8 x 100 @ 1:30 (medium resistance)
descend 1-4/ 5-8 to fast (12)
*go right into.....
8x50 @ :45 (No X1-PRO) hard (6)

10 x Breakouts (highest resistance) (10)

LC Distance:

9 x 100 @ 1:30 (light resistance) descend
1-3, 4-6, 7-9 (13:30)
2:00
9 x 50 @ 1:00 (medium resistance) hard
(9)
*go right into.....
3 x 100 @ 1:15 (no X1-PRO) hard (3:45)

10 x Breakouts (highest resistance) (10)

SC Sprint:

12 x 50 @ 1:00 (light resistance) (12)
2:00
24 x 25 @ :40 (high resistance) hard (4
fr/4 stroke) (16)
*go right into.....
6 x 50 @ :45 (no X1-PRO) hard (4:30)

10 x breakouts (highest resistance) (10)

LC Sprint:

6 x (4 x 50) @ 1:05, 1:00, :55, :50, :45,
:40 (light resistance) (21)
2:00
6 x 50 @ 1:00 (light resistance) "all out"
no more than 4 breaths (6)
*go right into.....
4 x 50 @ :45 (no X1-PRO) hard (3)

10 x breakouts (highest resistance) (10)



SAMPLE WORKOUT #2

SC Distance:

4 x (6 x 100) @ 1:30, 1:25, 1:20: 1:15
(light resistance) descend (33)
2:00
6 x 100 @ 1:30 (light resistance) fly (9)
*go right into.....
10 x 25 @ :30 (no X1-PRO) fast (5)

10 x breakouts (highest resistance) (10)

LC Distance:

4 x 400 @ 6:00 (light resistance) (24)
2:00
10 x 50 @ 1:00 (medium resistance) hard
(10)
*go right into.....
3 x 200 @ 2:30 (no X1-PRO) 80% (7:30)

10 x breakouts (highest resistance) (10)

SC Sprint:

8 x 50 @ :50 (light resistance) (6:40)
8 x 50 @ 1:00 (medium resistance) (8)
8 x 50 @ 1:15 (high resistance) (10)
2:00
8 x 25 @ :30 (light resistance) hard (4)
8 x 25 @ :45 (medium resistance) hard(6)
8 x 25 @ 1:00 (high resistance) hard (8)
*go right into.....
4 x 50 @ :45 (no X1-PRO) hard (3)

10 x breakouts (highest resistance) (10)

LC Sprint:

4 x 100 @ 2:00 (light resistance) hard (8)
2:00
12 x 50 @ 2:00 (medium resistance) fast
(24)
*go right into.....
4 x 50 @ :45 (no X1-PRO) hard (3)

10 x breakouts (highest resistance) (10)



SAMPLE WORKOUT #3

SC Distance:

1 x 800 @ 12:00 (light resistance) (12)
1 x 600 @ 9:00 (light resistance) (9)
1 x 400 @ 6:00 (light resistance) (6)
3 x 200 @ 3:00 (medium resistance) (3)
*go right into.....
3 x 200 @ 2:15 (no X1- PRO) hard (6:45)

10 x breakouts (highest resistance) (10)

LC Distance:

9 x 200 @ 3:00 (light resistance) descend
1-3, 4-6, 7-9 (27)
2:00
5 x 100 @ 2:00 (medium resistance) (10)
2:00
8 x 50 @ 1:00 (medium resistance)
stroke/ no free (8)
*go right into.....
5 x 100 @ 1:20 (no X1-PRO) hard (6:40)

10 x breakouts (highest resistance) (10)

SC Sprint:

4 x 100 @ 2:00 (medium resistance)
stroke – hard (8)
1:00
4 x 50 @ 1:30 (medium resistance)
stroke – hard (6)
1:00
8 x 25 @ 1:00 (high resistance) stroke –
all out (8)
*go right into.....
8 x 50 @ :40 (no X1-PRO) hard (5:20)

10 x breakouts (highest resistance) (10)

LC Sprint:

3 x 100 @ 1:45 (light resistance) stroke
(5:15)
3 x 100 @ 2:00 (medium resistance)
stroke (6)
3 x 100 @ 2:30 (medium resistance)
free/ fast (7:30)
2:00
3 x 50 @ 2:00 (medium resistance)
stroke/ fast (6)
3 x 50 @ 2:30 (heavy resistance) stroke/
fast (7:30)
3 x 50 @ 3:00 (heavy resistance) free all
out (9)
*go right into.....
6 x 50 @ 2:00 (no X1-PRO) all out (12)

10 x breakouts (highest resistance) (10)



SAMPLE WORKOUT #4

SC Distance:

3 x (2 x 200) @ 2:45, 2:30, 2:15 (light resistance) (15)

2:00

4 x 100 @ 1:30 (light resistance) fl/bk, bk/br, br/fr, fr/fl (6)

*go right into.....

10 x 25 @ :30 (no X1-PRO) fast (5)

10 x Breakouts (highest resistance) (10)

LC Distance:

2 x 500 @ 8:00 (light resistance) (16)

2:00

10 x 50 @ 1:00 (medium resistance) hard (10)

*go right into.....

2 x 200 @ 2:30 (no X1-PRO) 80% (5:00)

10 x Breakouts (highest resistance) (10)

SC Sprint:

6 x 50 @ 1:00 (light resistance) descend 1-3, 4-6 (6)

6 x 50 @ 1:00 (medium resistance) descend 1-3, 4-6 (6)

6 x 50 @ 1:30 (high resistance) descend 1-3, 4-6 (9)

2:00

6 x 25 @ :30 (light resistance) hard (3)

6 x 25 @ :45 (medium resistance) hard (4:30)

6 x 25 @ 1:00 (high resistance) hard (6)

*go right into.....

4 x 50 @ :45 (no X1-PRO) hard (3)

10 x breakouts (highest resistance) (10)

LC Sprint:

8 x 75 @ 1:15 (light resistance) hard (10)

2:00

8 x 50 @ 2:00 (medium resistance) fast (16)

*go right into.....

4 x 50 @ :45 (no X1-PRO) hard (3)

10 x breakouts (highest resistance) (10)