

## GREG TROY WORKOUT

### BASIC

2-5 Cycles of  
5x50 @ :60 Second Intervals (Shuttles)  
4x25 Sprints @ :30 Second Intervals (No Shuttles)  
\*Resistance increased each cycle

### SPRINT

3-6 Cycles of  
6x25 @ :40 Second Intervals (Shuttles)  
\*Increasing Resistance Every 2 Repeats  
2x50 @ :60 Second Intervals (No Shuttles)  
\*Builds Number 2 Faster

### DISTANCE AND MIDDLE DISTANCE

2-4 Cycles of  
300 @ :20 Second Interval (Shuttles)  
3x100 @ 1:20 Pace Work (No Shuttles)  
3x100 Hold Water (Shuttles)  
1x300 For Time (No Shuttles)

### DISTANCE

15-21 Cycles of  
100 @ Basic Interval (Shuttles)  
\*Increase Resistance Every Set of 3  
\*Hold Same Time Throughout The Set  
  
Finish With \_\_\_ x100 as close to goal pace as possible (No Shuttles)