

CARD 1 — BUTTERFLY + IM

Theme: Power Fly & IM Transitions

WARM-UP (20 mins)

- 800m Easy Mix (200 Free, 200 Back, 200 Breast, 200 Fly)
- 4x100m IM Order Kick (fly/back/breast/free) – 20s rest
- 4x50m Streamline Dolphin Kicks (max distance) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Single-Arm Fly (25 each arm) w/ fins – focus on undulation – 20s rest
- 4x25m IM Transition Turns (Free→Back, Back→Breast, Breast→Free) – 30s rest

MAIN SET (50 mins)

1. Fly Power 100s – 4x100m Fly: 1st easy, 2nd moderate, 3rd strong, 4th sprint – 90s rest
2. IM Transition Sprints – 4x75m: 25 Fly → 25 Back → 25 Breast – 60s rest → focus on clean turns
3. Underwater Challenge – 6x25m: max underwater off wall + 1 stroke – 45s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x800m Pull w/ Buoy @ 75% – focus on high elbows – 2 min rest
- OR 2x400m IM Order @ steady pace – 90s rest

RACE PACE (10 mins)

- 4x25m Fly @ 100% effort off 1 min – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- 2 min vertical streamline float
- Stretch shoulders, chest, hips

CARD 2 — BREASTSTROKE + IM

Theme: Timing, Glide & IM Legs

WARM-UP (20 mins)

- 800m Easy Breast + Free Mix
- 4x50m Breast Kick w/ Board – head down, hips up – 20s rest
- 4x50m Vertical Breaststroke Scull – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “2-Kick, 1-Pull” Drill – focus on glide – 20s rest
- 4x25m Breaststroke Pullouts (max streamline + 1 pull) – 30s rest

MAIN SET (50 mins)

1. Breaststroke Descend 200s – 3x200m: each faster – 2 min rest
2. IM Legs – 3x200m: 50 Fly, 50 Back, 50 Breast, 50 Free – 90s rest
3. Pull w/ Tempo Trainer – 4x100m @ 1.3s beep – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast w/ Fins @ 70% – focus on tempo & glide – 2 min rest
- OR 5x200m Choice @ 80% – 45s rest

RACE PACE (10 mins)

- 8x50m Breast @ Race Pace off 1:15 – descend 1–4, hold 5–8

COOL-DOWN (5 mins)

- 400m Easy Back + Free Mix
- Wall stretches: shoulders, quads, calves
- Deep belly breaths x10

CARD 3 — BACKSTROKE + IM

Theme: Rotation, Turns & IM Flow

WARM-UP (20 mins)

- 800m Back + Free Mix
- 4x50m One-Arm Backstroke (alternate arms) – 20s rest
- 4x50m Backstroke Flip Turns – slow & controlled – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m 6-Kick Switch Drill – focus on core rotation – 20s rest
- 4x25m Backstroke → Breaststroke Turn Practice – 30s rest

MAIN SET (50 mins)

1. Backstroke Negative Split 200s – 3x200m: 2nd 100 faster – 2 min rest
2. IM Order Back Legs – 4x150m: 50 Back, 50 Breast, 50 Free – 90s rest
3. Closed Fist Back – 4x100m – focus on forearm catch – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – head still, high elbow – 2 min rest
- OR 6x200m Back @ 75% – 30s rest

RACE PACE (10 mins)

- 6x50m Back @ 95% off 1 min – hold under 35 strokes/50

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Quad + hip flexor stretch
- Shoulder rolls x10 each way

CARD 4 — FREESTYLE + IM

Theme: DPS, Breathing & IM Stamina

WARM-UP (20 mins)

- 1000m Freestyle Easy
- 4x100m Bilateral Breathing (3/5/7 strokes) – 20s rest
- 4x50m Fingertip Drag – high elbow focus – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Catch-Up + Pause (2s glide) – 20s rest
- 4x50m IM Kick (Free/Back/Breast/Fly) w/ board – 30s rest

MAIN SET (50 mins)

1. DPS Challenge – 5x100m Free: reduce stroke count each 100 – 90s rest
2. IM Build 400s – 2x400m IM: 1st easy, 2nd race pace – 3 min rest
3. Breath Control 200s – 4x200m: breathe every 5/7/9/11 by 50 – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady @ 75% – focus on rhythm – 3 min rest
- OR 5x300m Free @ 80% – 45s rest

RACE PACE (10 mins)

- 10x50m Free @ Goal 100m Pace off 1 min – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- 1 min streamline float
- Triceps & neck stretch

CARD 5 — IM FOCUS

Theme: Full IM Integration & Transitions

WARM-UP (20 mins)

- 800m IM Order (200 Fly, 200 Back, 200 Breast, 200 Free)
- 4x50m IM Kick (each stroke 12.5m) – 20s rest
- 4x50m Streamline Push-offs (each stroke) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m Single Stroke IM: 25 Fly, 25 Back, 25 Breast, 25 Free – 30s rest
- 4x25m Turn Transitions (Fly→Back, Back→Breast, Breast→Free) – 45s rest

MAIN SET (50 mins)

1. Broken IM 800s – 2x800m: 4x200m IM with 30s rest between 200s – 5 min rest between sets
2. Race Pace IM 200s – 4x200m IM @ Goal Pace – 2 min rest
3. Threshold IM 400s – 2x400m IM @ 85% – 3 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull IM Order w/ Buoy – 3 min rest
- OR 6x200m Choice @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m IM Order @ Max Effort – 2 min rest

COOL-DOWN (5 mins)

- 500m Easy Choice (mix strokes)
- Full body stretch at wall
- Deep breathing + visualization

CARD 6 — BUTTERFLY

Theme: Underwater Power & Threshold Fly

WARM-UP (20 mins)

- 800m Easy Mix (200 Free, 200 Back, 200 Breast, 200 Fly)
- 4x50m Dolphin Kick Vertical – max height – 30s rest
- 4x50m Streamline Push-offs (max distance) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Single-Arm Fly w/ Snorkel – 25 each arm – 20s rest → body wave focus
- 4x25m Underwater Fly Kick to Flags – count kicks – 30s rest

MAIN SET (50 mins)

1. Underwater Challenge – 6x25m: max streamline + 1 stroke – beat distance each time – 45s rest
2. Threshold Fly 200s – 3x200m Fly @ 80% – 2 min rest → hold stroke rhythm
3. Broken 100s – 4x100m: 50 Fly, 50 Easy Back – 90s rest → recovery focus

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy + Snorkel – 3 min rest
- OR 5x200m Choice (any stroke) @ 75% – 45s rest

RACE PACE (10 mins)

- 8x25m Fly @ 100% off 1:15 – hold breakout efficiency

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- 2 min float on back, belly breaths
- Shoulder & chest wall stretch

CARD 7 — BREASTSTROKE

Theme: Pull Timing & Long Breast Sets

WARM-UP (20 mins)

- 800m Breast + Free Mix
- 4x50m Breast Kick w/ Fists (simulate narrow kick) – 20s rest
- 4x50m Vertical Pull Scull – 30s rest → forearm awareness

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pull → 2s Glide → Kick” Drill – 20s rest → timing focus
- 4x25m Pullouts w/ Tempo Trainer (beep on pull) – 30s rest

MAIN SET (50 mins)

1. Pull w/ Band – 4x100m – resistance above elbows – 60s rest → high elbow focus
2. Long Breast 400s – 3x400m Breast @ 70% – 2 min rest → endurance + form
3. Descend 100s – 4x100m: each faster – 90s rest → speed control

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – steady tempo – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 6x50m Breast @ Race Pace off 1:10 – negative split each

COOL-DOWN (5 mins)

- 400m Easy Back + Free
- Quad + calf stretch
- Seated spinal twist

CARD 8 — BACKSTROKE

Theme: Head Stability & Distance Per Stroke

WARM-UP (20 mins)

- 800m Back + Free Mix
- 4x50m Back Kick w/ Nose Clip – head still – 20s rest
- 4x50m Streamline Glide on Back – count seconds – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Eyes to Toes” Alignment Drill – 20s rest → body line
- 4x25m One-Arm Back w/ Fingertip Drag – 30s rest → high elbow

MAIN SET (50 mins)

1. DPS Back 100s – 5x100m: reduce stroke count each 100 – 90s rest
2. Negative Split 200s – 3x200m: 2nd 100 faster – 2 min rest
3. Closed Fist Back – 4x100m – feel forearm pressure – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Back Pull w/ Snorkel – 3 min rest
- OR 5x300m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m Back @ Goal 100m Pace off 1 min – descend 1–4

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Neck rolls + shoulder blade squeeze
- Deep breathing x10

CARD 9 — FREESTYLE

Theme: Negative Split 1500s & Golf Drill

WARM-UP (20 mins)

- 1000m Freestyle Easy
- 4x100m Build (1st easy, 4th sprint) – 20s rest
- 4x50m Side Kicking w/ Rotation – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Shark Fin” Drill – show palm to ceiling – 20s rest → high elbow
- 4x50m IM Kick w/ Board – 30s rest → prep for medley stamina

MAIN SET (50 mins)

1. Negative Split 1500 – 1x1500m: each 500 faster – 5 min rest
2. Golf Drill 100s – 4x100m: Strokes + Time = Score → lower each – 90s rest
3. Breath Every 7/9 – 4x100m alternating patterns – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x2000m Steady Free @ 75% – focus on rhythm – 5 min rest
- OR 8x250m Free @ 80% – 30s rest

RACE PACE (10 mins)

- 10x50m Free @ Goal 100m Pace off 55s – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps stretch + hamstring stretch
- Float & visualize perfect stroke

CARD 10 — IM

Theme: IM Kick Sets & Transition Races

WARM-UP (20 mins)

- 800m IM Order (200 per stroke)
- 4x100m IM Kick (25 each stroke) w/ board – 30s rest
- 4x50m Streamline Push-offs per stroke – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m “Stroke Switch” – 25 Fly, 25 Back, 25 Breast, 25 Free – 30s rest
- 4x25m Turn Transitions (Fly→Back, Back→Breast, Breast→Free) – 45s rest

MAIN SET (50 mins)

1. IM Kick 400s – 3x400m IM Kick w/ board @ 80% – 2 min rest
2. Transition Sprints – 6x75m: 25 Fly → 25 Back → 25 Breast – 90s rest → fast turns
3. Full IM 200s – 4x200m IM @ Race Pace – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull IM Order w/ Buoy – 3 min rest
- OR 6x200m Choice (rotate strokes) @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m IM Order @ Max Effort – 2 min rest → simulate race

COOL-DOWN (5 mins)

- 500m Easy Mix (favorite strokes)
- Full body stretch + deep breathing
- Smile & high-five a teammate 😊

CARD 11 — BUTTERFLY + FREESTYLE

Theme: Fly/Free Mix & Broken Sets

WARM-UP (20 mins)

- 800m Mix (400 Free, 400 Fly)
- 4x50m Fly Kick w/ Board – head down – 20s rest
- 4x50m Free w/ Fly Breathing (breathe forward) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m 3-Stroke Fly / 3-Stroke Free – 20s rest → rhythm switch
- 4x25m Underwater Breakout → Free Sprint – 30s rest

MAIN SET (50 mins)

1. Broken 300s – 4x300m: 100 Fly, 100 Free, 100 Fly – 2 min rest
2. Threshold 400s – 2x400m: 200 Fly / 200 Free @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Fly Sprint / 50 Free Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free @ 75% – 5 min rest
- OR 5x300m Mix (Fly/Free) @ 70% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Fly / 25 Free @ Race Pace off 1 min – hold turns

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Shoulder cross stretch + wrist circles
- Belly breaths x10

CARD 12 — BREASTSTROKE + BACKSTROKE

Theme: Breast Pull / Back Kick Combos

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Pull w/ Buoy – 20s rest
- 4x50m Back Kick w/ Fists – 30s rest → forearm pressure

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast Pull + Back Kick – no arms, no legs – 20s rest → isolate
- 4x25m Back → Breast Turn Practice – 30s rest

MAIN SET (50 mins)

1. Pull/Kick Combo 200s – 4x200m: 100 Breast Pull / 100 Back Kick – 90s rest
2. IM Legs – 3x200m: 50 Breast, 100 Back, 50 Free – 2 min rest
3. Descend 100s – 4x100m Back @ faster pace each – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m Breast w/ Fins @ 75% – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – fast transition

COOL-DOWN (5 mins)

- 400m Easy Free
- Quad + glute stretch
- Neck side stretch

CARD 13 — IM + BUTTERFLY

Theme: Fly Legs Focus & IM Starts

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Fly Kick Vertical – 30s rest
- 4x50m Dive Starts → 15m Underwater – 45s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Single-Arm Fly w/ Fins – 25 each arm – 20s rest
- 4x25m Fly Start → Backstroke Transition – 30s rest

MAIN SET (50 mins)

1. Fly Legs IM 400s – 3x400m: 100 Fly, 100 Back, 100 Breast, 100 Free – 2 min rest → strong fly start
2. Underwater Maxouts – 6x25m off dive – max distance underwater – 60s rest
3. Broken Fly 200s – 4x200m: 50 Fly, 150 Easy Back – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ Race Pace – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Child's pose float
- Shoulder rolls + deep breaths

 CARD 14 — FREESTYLE + IM

Theme: Freestyle IM Legs & Pace Pyramids

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 IM Order)
- 4x100m Free DPS Focus – count strokes – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Free w/ Bilateral Breathing – 20s rest
- 4x25m Free → Back Turn Practice – 30s rest

MAIN SET (50 mins)

1. IM Free Legs – 4x300m: 50 Fly, 50 Back, 200 Free – 2 min rest
2. Pace Pyramid – 200, 400, 600, 400, 200 Free – descend effort – 2-3 min rest
3. Threshold 800s – 2x800m Free @ 80% – 3 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Steady Free – 5 min rest
- OR 6x250m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 8x100m Free @ Goal 200m Pace off 1:30 – hold negative split

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & reflect on progress

CARD 15 — BACKSTROKE + BREASTSTROKE

Theme: Back/Breast IM Order Focus

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Backstroke w/ Fingertip Drag – 20s rest
- 4x50m Breaststroke Glide Count – 3s glide – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m 6-Kick Switch (Back) – 20s rest
- 4x25m Breast Pull w/ Tempo Trainer – 30s rest

MAIN SET (50 mins)

1. IM Legs 400s – 3x400m: 100 Back, 100 Breast, 100 Free, 100 Back – 2 min rest
2. Negative Split 200s Back – 3x200m – 2 min rest
3. Breaststroke Descend 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – crisp transitions

COOL-DOWN (5 mins)

- 400m Easy Free
- Hip flexor + quad stretch
- Deep belly breaths x10

CARD 16 — BUTTERFLY + BACKSTROKE

Theme: Fly Recovery / Back Rotation

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Back)
- 4x50m Fly w/ Fingertip Drag Recovery – 20s rest
- 4x50m Back Kick w/ Board on Chest – 30s rest → forces rotation

PRE-MAIN ACTIVATION (15 mins)

- 4x50m 1-Arm Fly + 1-Arm Back (25 each) – 20s rest
- 4x25m Backstroke Flip Turns w/ 5 Fly Kicks – 30s rest

MAIN SET (50 mins)

1. Rotation Focus 200s – 4x200m: 100 Fly / 100 Back – 2 min rest → contrast recovery
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back / 50 Fly off 1:45 – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Mix (Fly/Back) w/ Buoy – 3 min rest
- OR 6x200m Choice @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Fly / 25 Back @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder stretch + wrist circles
- Float on back, visualize perfect turns

CARD 17 — BREASTSTROKE + FREESTYLE

Theme: Breast Kick / Free Pull Combos

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Free)
- 4x50m Breast Kick w/ Board – 20s rest
- 4x50m Free Pull w/ Buoy – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Free Pull + Breast Kick – no crossover – 20s rest
- 4x25m Breaststroke Pullouts → Free Sprint – 30s rest

MAIN SET (50 mins)

1. Combo 200s – 4x200m: 100 Free Pull / 100 Breast Kick – 90s rest
2. Threshold 400s – 2x400m: 200 Breast / 200 Free @ 80% – 2 min rest
3. Descend 100s Free – 4x100m – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x300m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Free @ Race Pace off 1:05 – explosive breakout

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad + hamstring stretch
- Deep breathing + smile

CARD 18 — IM + FREESTYLE

Theme: IM Starts & Free Anchor Legs

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Dive Starts → 15m Underwater – 45s rest
- 4x50m Free w/ Race Pace Turns – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 25 Fly, 25 Back, 25 Breast, 25 Free – 30s rest → transition focus
- 4x25m Free Anchor 25 Sprint – 30s rest

MAIN SET (50 mins)

1. IM Starts 200s – 4x200m IM off blocks – 2 min rest → full race simulation
2. Free Anchor 400s – 3x400m: 300 IM Order, 100 Free Sprint – 3 min rest
3. Broken 100s – 6x100m: 75 Easy, 25 Free Sprint – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate anchor leg

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 50!”

CARD 19 — BACKSTROKE + BUTTERFLY

Theme: Back Fly IM Legs & Underwater Focus

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Fly)
- 4x50m Backstroke w/ Closed Fists – 20s rest
- 4x50m Fly Kick on Back w/ Snorkel – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m 6-Kick Switch (Back) + 3 Fly Strokes – 20s rest
- 4x25m Underwater Fly Kick → Backstroke Breakout – 30s rest

MAIN SET (50 mins)

1. IM Legs 300s – 4x300m: 100 Back, 100 Fly, 100 Free – 2 min rest
2. Underwater Challenge – 6x25m max distance off wall – 60s rest
3. Threshold 200s – 4x200m Mix @ 80% – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Fly @ Race Pace off 1:15 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Neck rolls + shoulder blade squeeze
- Belly breaths x10

CARD 20 — FREESTYLE + BREASTSTROKE

Theme: Tarzan Power / Breast Glide Control

WARM-UP (20 mins)

- 800m Mix (400 Tarzan Free, 400 Easy Breast)
- 4x50m Vertical Flutter Kick – 20s rest
- 4x50m Breaststroke Glide Count (3s) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Tarzan Free – head up – 20s rest → leg power
- 4x25m Breast Pull w/ Delayed Breath – 30s rest

MAIN SET (50 mins)

1. Power/Glide 200s – 4x200m: 100 Tarzan / 100 Breast w/ Glide – 2 min rest
2. Threshold 400s – 2x400m: 200 Free / 200 Breast @ 75% – 3 min rest
3. Descend 100s Breast – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Free Tarzan – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Tarzan / 25 Breast @ Race Pace off 1:10 – contrast power & control

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad + hip flexor stretch
- Float & release tension

CARD 21 — BUTTERFLY + BREASTSTROKE

Theme: Fly Undulation / Breast Timing Sync

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Breast)
- 4x50m Fly Kick on Back – 20s rest
- 4x50m Breast Pull w/ Buoy – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Dolphin Recovery Breast” – 20s rest → core connection
- 4x25m Fly Undulation into Breast Pull – 30s rest

MAIN SET (50 mins)

1. Sync 200s – 4x200m: 100 Fly / 100 Breast – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Fly / 25 Breast @ Race Pace off 1:15 – smooth transition

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Chest opener stretch
- Deep belly breaths

CARD 22 — FREESTYLE + BACKSTROKE

Theme: Rotation & Bilateral Mastery

WARM-UP (20 mins)

- 1000m Mix (500 Free, 500 Back)
- 4x100m Bilateral Free – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Zipper Drill” Free – 20s rest → high elbow
- 4x25m Backstroke w/ Fingertip Drag – 30s rest

MAIN SET (50 mins)

1. Rotation 200s – 4x200m: 100 Free / 100 Back – 2 min rest → core focus
2. DPS Challenge – 5x100m Free: reduce stroke count – 90s rest
3. Negative Split 200s Back – 3x200m – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Back @ Race Pace off 1:05 – fast flip turn

COOL-DOWN (5 mins)

- 400m Easy Breast
- Shoulder rolls + triceps stretch
- Float & smile

CARD 23 — IM + BREASTSTROKE

Theme: Breast Pullouts & IM Efficiency

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Breast Pullouts – max streamline – 30s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Pull w/ Band – 20s rest → high elbow
- 4x25m IM Transition: Breast → Free Turn – 30s rest

MAIN SET (50 mins)

1. Pullout 100s – 6x100m: strong pullout, then swim – 90s rest
2. IM Efficiency 400s – 3x400m IM @ 85% – 3 min rest → minimize strokes
3. Descend Breast 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Back
- Quad stretch + deep breaths
- Visualization: “My pullout is silent and fast.”

 CARD 24 — BACKSTROKE + FREESTYLE

Theme: Backstroke Flip Efficiency / Freestyle Open Turns

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Free)
- 4x50m Back Flip Turns – slow & controlled – 20s rest
- 4x50m Free Open Turns – touch, pivot, push – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back → Free Turn Practice – 20s rest
- 4x25m Streamline Push-offs (both strokes) – 30s rest

MAIN SET (50 mins)

1. Turn Efficiency 200s – 4x200m: 100 Back / 100 Free – focus on clean turns – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Free Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Free @ Race Pace off 1:05 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

CARD 25 — BUTTERFLY + IM

Theme: Fly Breakouts & IM Underwater Speed

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Underwater Fly Kick – max distance – 30s rest
- 4x50m Dive Starts → 15m Underwater – 45s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m IM Underwater Transitions (Fly→Back, Breast→Free) – 30s rest

MAIN SET (50 mins)

1. Underwater Challenge – 6x25m: max distance off wall – beat it each time – 60s rest
2. IM Breakout 200s – 4x200m IM off blocks – 2 min rest → strong underwater on each leg
3. Threshold Fly 400s – 2x400m Fly @ 75% – 3 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

CARD 26 — BREASTSTROKE + BACKSTROKE

Theme: Breast Glide / Back Rotation Synergy

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Glide Count (3s) – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pause-and-Glide” Breast – 20s rest
- 4x25m One-Arm Back w/ Rotation Focus – 30s rest

MAIN SET (50 mins)

1. Glide/Rotate 200s – 4x200m: 100 Breast / 100 Back – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Neck side stretch + deep breaths

CARD 27 — FREESTYLE + BUTTERFLY

Theme: Freestyle Endurance / Fly Power Bursts

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Steady – 20s rest
- 4x50m Fly Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Tarzan to Fly” – 25 Tarzan / 25 Fly – 20s rest → leg power to core power
- 4x25m Underwater Fly → Free Sprint – 30s rest

MAIN SET (50 mins)

1. Power Bursts 300s – 4x300m: 200 Free Easy / 100 Fly Sprint – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 3 min rest
3. Descend Fly 100s – 4x100m Fly – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive fly finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize perfect fly finish

CARD 28 — IM + BACKSTROKE

Theme: Backstroke Legs & IM Consistency

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Backstroke w/ Closed Fists – 20s rest
- 4x50m IM Kick (Back Leg Focus) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x25m IM Transition: Fly → Back Turn – 30s rest

MAIN SET (50 mins)

1. IM Back Legs 400s – 3x400m: 100 Fly, 200 Back, 100 Free – 2 min rest
2. Negative Split 200s Back – 3x200m – 2 min rest
3. Threshold 100s – 6x100m Back @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Back @ Race Pace off 1 min – descend 1–4

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder blade squeeze + neck rolls
- Deep breathing x10

CARD 29 — BREASTSTROKE + FREESTYLE

Theme: Breast Pull Tempo / Free Distance Per Stroke

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Free)
- 4x50m Breast Pull w/ Tempo Trainer @ 1.4s – 20s rest
- 4x50m Free DPS Focus – count strokes – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pull Only” Breast w/ Buoy – 20s rest
- 4x25m Catch-Up Free – 30s rest

MAIN SET (50 mins)

1. Tempo/DPS 200s – 4x200m: 100 Breast Pull / 100 Free DPS – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Free – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Free @ Race Pace off 1:05 – efficient transitions

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad + hamstring stretch
- Belly breaths + smile

CARD 30 — BUTTERFLY + BACKSTROKE

Theme: Fly Recovery / Backstroke Head Stability

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Back)
- 4x50m Fly w/ Fingertip Drag Recovery – 20s rest
- 4x50m Back Kick w/ Nose Clip – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m One-Arm Fly + One-Arm Back – 25 each – 20s rest
- 4x25m Backstroke w/ “Eyes to Toes” Alignment – 30s rest

MAIN SET (50 mins)

1. Recovery/Stability 200s – 4x200m: 100 Fly / 100 Back – 2 min rest → contrast focus
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back / 50 Fly off 1:45 – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Fly / 25 Back @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Chest opener + shoulder stretch
- Float & deep breaths

CARD 31 — IM + FREESTYLE

Theme: Freestyle Anchor Legs & IM Mental Toughness

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Free Sprint Last 25 – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Mental Toughness 400s – 3x400m IM: negative split each 100 – 3 min rest
2. Free Anchor 200s – 4x200m: 150 IM Order, 50 Free Sprint – 2 min rest
3. Threshold 800s – 1x800m Free @ 80% – 5 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 50!”

CARD 32 — BACKSTROKE + BREASTSTROKE

Theme: Back DPS / Breast Timing Under Fatigue

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x50m Breast w/ Tempo Trainer @ 1.5s – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m 6-Kick Switch Back – 20s rest
- 4x25m Breast “Pull → 2s Glide → Kick” – 30s rest

MAIN SET (50 mins)

1. Fatigue Timing 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → hold form when tired
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Breast – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – crisp turns

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + glute stretch
- Deep breathing + neck rolls

CARD 33 — FREESTYLE + BUTTERFLY

Theme: Free Threshold / Fly Race Pace

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Threshold @ 80% – 20s rest
- 4x50m Fly w/ Snorkel – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Golf Drill” Free – 20s rest → Strokes + Time = Score
- 4x25m Fly Breakout Sprints – 30s rest

MAIN SET (50 mins)

1. Threshold/Race 300s – 4x300m: 200 Free @ 80% / 100 Fly @ Race Pace – 2 min rest
2. Negative Split 800s – 2x800m Free – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m Fly @ Race Pace off 1:15 – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps stretch + shoulder rolls
- Float & visualize perfect fly finish

CARD 34 — IM + BREASTSTROKE

Theme: Breaststroke Legs & IM Wall Awareness

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Breast Pullouts – max streamline – 20s rest
- 4x50m IM Kick to Wall – touch with 2 hands (breast) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Glide Focus – 3s glide – 20s rest
- 4x25m IM Turns Practice (all transitions) – 45s rest

MAIN SET (50 mins)

1. IM Breast Legs 400s – 3x400m: 100 Fly, 100 Back, 100 Breast, 100 Free – 2 min rest
→ strong breast leg
2. Pullout 100s – 6x100m Breast – 90s rest → max underwater
3. Threshold 200s – 4x200m IM @ 85% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My breaststroke leg wins the race.”

CARD 35 — BACKSTROKE + FREESTYLE

Theme: Backstroke Sighting / Freestyle Bilateral Control

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Free)
- 4x50m Backstroke Sighting (look at flags every 3 strokes) – 20s rest
- 4x50m Free Bilateral Breathing – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ “One Goggle In” Drill – 20s rest → head alignment
- 4x25m Free w/ Breath Every 5/7 Strokes – 30s rest

MAIN SET (50 mins)

1. Awareness 200s – 4x200m: 100 Back / 100 Free – 2 min rest → head position focus
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. DPS Challenge – 5x100m Free: reduce stroke count – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Free @ Race Pace off 1:05 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Neck side stretch + shoulder rolls
- Deep belly breaths x10

CARD 36 — BUTTERFLY + IM

Theme: Fly Endurance / IM Mental Stamina

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Fly w/ Fins – smooth & controlled – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Single-Arm Fly w/ Snorkel – 25 each arm – 20s rest
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. Fly Stamina 300s – 4x300m Fly: 1st easy, 4th strong – 2 min rest
2. IM Mental Toughness 400s – 3x400m IM: negative split each 100 – 3 min rest
3. Threshold 200s – 4x200m Fly @ 80% – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m IM Order @ Max Effort – 2 min rest → simulate championship race

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch + deep breathing
- Smile & high-five a teammate 😊

CARD 37 — BREASTSTROKE + BACKSTROKE

Theme: Breast Kick Power / Backstroke Rotation Flow

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Kick w/ Fins – fast tempo – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Band (resistance above knees) – 20s rest → power focus
- 4x25m One-Arm Back w/ Fingertip Drag – 30s rest

MAIN SET (50 mins)

1. Power/Flow 200s – 4x200m: 100 Breast Kick / 100 Back Full – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – explosive breast, smooth back

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Deep breathing + visualization

CARD 38 — FREESTYLE + IM

Theme: Freestyle Pacing / IM Strategy

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 IM Order)
- 4x100m Free Negative Split – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pace Pyramid” Free – 20s rest → 25 easy, 25 sprint
- 4x25m IM Transition Sprints – 30s rest

MAIN SET (50 mins)

1. Strategy 400s – 3x400m IM: 1st easy, 2nd moderate, 3rd race pace – 3 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend 100s Free – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m Free @ Goal 200m Pace – 2 min rest → negative split focus

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & reflect on pacing wins

CARD 39 — BACKSTROKE + BUTTERFLY

Theme: Backstroke Distance Per Stroke / Fly Underwater Efficiency

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Fly)
- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x50m Underwater Fly Kick – max distance – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ Closed Fists – 20s rest → forearm pressure
- 4x25m Fly Breakout → Backstroke Swim – 30s rest

MAIN SET (50 mins)

1. Efficiency 200s – 4x200m: 100 Back / 100 Fly – 2 min rest → minimize strokes, maximize glide
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Underwater Challenge – 6x25m max distance – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Back Pull – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Fly @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder stretch + wrist circles
- Deep belly breaths x10

CARD 40 — BREASTSTROKE + FREESTYLE

Theme: Breaststroke Starts / Freestyle Relay Exchanges

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Free)
- 4x50m Breast Starts off Blocks → 15m Underwater – 45s rest
- 4x50m Free Relay Starts (in-water) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast Pullouts w/ Fast Breakout – 20s rest
- 4x25m Free Exchange Practice (touch → push) – 30s rest

MAIN SET (50 mins)

1. Start/Exchange 200s – 4x200m: 100 Breast off Blocks / 100 Free Relay Start – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My start is explosive. My exchange is seamless.”

 CARD 41 — IM + BACKSTROKE

Theme: Backstroke Legs Under Fatigue / IM Wall Execution

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Backstroke w/ Fingertip Drag – 20s rest
- 4x50m IM Turns Practice (all strokes) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x25m IM Wall Touch Precision (2-hand breast, flip back, etc.) – 45s rest

MAIN SET (50 mins)

1. Fatigue Legs 400s – 3x400m IM: 3rd 100 Back @ Race Pace – 3 min rest
2. Wall Execution 200s – 4x200m IM: focus on clean turns – 2 min rest
3. Threshold 100s Back – 6x100m @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Back @ Race Pace off 1 min – descend 1–4

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder blade squeeze + neck rolls
- Deep breathing x10

 CARD 42 — FREESTYLE + BUTTERFLY

Theme: Freestyle Open Water Skills / Fly Power for Sprints

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Sighting (lift eyes every 6 strokes) – 20s rest
- 4x50m Fly Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Tarzan Free – head up – 20s rest → leg power
- 4x25m Fly Breakout Sprints – 30s rest

MAIN SET (50 mins)

1. Open Water/Fly Power 300s – 4x300m: 200 Free Sighting / 100 Fly Sprint – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize open water confidence

 CARD 43 — BREASTSTROKE + IM

Theme: Breaststroke Turns / IM Transition Speed

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Breast Turns – touch, tuck, explode – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast Pullouts w/ Fast Turn – 20s rest
- 4x25m IM Transitions (Breast→Free, Back→Breast) – 45s rest

MAIN SET (50 mins)

1. Turn Speed 200s – 4x200m Breast: focus on fast turns – 2 min rest
2. IM Transition 400s – 3x400m IM: negative split transitions – 3 min rest
3. Threshold 100s – 6x100m Breast @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My turns are lightning fast.”

CARD 44 — BACKSTROKE + FREESTYLE

Theme: Backstroke Streamline / Freestyle Breakout Speed

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Free)
- 4x50m Streamline Push-offs (Back) – max distance – 20s rest
- 4x50m Free Breakout Sprints (15m underwater + 35m sprint) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ 5 Underwater Dolphin Kicks – 20s rest
- 4x25m Free Flip Turn → Fast Breakout – 30s rest

MAIN SET (50 mins)

1. Streamline/Breakout 200s – 4x200m: 100 Back / 100 Free – 2 min rest → focus on push-off efficiency
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Free Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Free @ Race Pace off 1:05 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

 CARD 45 — BUTTERFLY + IM

Theme: Fly Turns / IM Wall Strategy

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Fly Open Turns – touch, tuck, explode – 20s rest
- 4x50m IM Kick to Wall (each stroke) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout → 3 Strokes Sprint – 20s rest
- 4x25m IM Wall Touch Precision (Fly touch, Breast 2-hand, etc.) – 45s rest

MAIN SET (50 mins)

1. Turn Strategy 200s – 4x200m Fly: focus on fast turns – 2 min rest
2. IM Wall Execution 400s – 3x400m IM: clean turns on every wall – 3 min rest
3. Threshold 100s Fly – 6x100m @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

CARD 46 — BREASTSTROKE + BACKSTROKE

Theme: Breaststroke Underwater Pull / Backstroke Rotation Flow

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Pullouts – max streamline + 1 pull – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Delayed Breath – 20s rest → timing focus
- 4x25m One-Arm Back w/ High Elbow Recovery – 30s rest

MAIN SET (50 mins)

1. Pull/Rotation 200s – 4x200m: 100 Breast Pull / 100 Back Full – 2 min rest → contrast power & flow
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Neck side stretch + deep breaths

CARD 47 — FREESTYLE + BUTTERFLY

Theme: Free Distance Per Stroke / Fly Rhythm Under Fatigue

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free DPS Focus – reduce stroke count – 20s rest
- 4x50m Fly w/ Snorkel – smooth rhythm – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Catch-Up + Pause” Free – 20s rest → balance & extension
- 4x25m Fly w/ Bilateral Breathing – 30s rest

MAIN SET (50 mins)

1. DPS/Rhythm 300s – 4x300m: 200 Free DPS / 100 Fly Rhythm – 2 min rest → hold form when tired
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive fly finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize perfect rhythm

CARD 48 — IM + FREESTYLE

Theme: Freestyle Legs in IM / Negative Split Strategy

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Free Sprint Last 25 – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Free Legs 400s – 3x400m: 300 IM Order, 100 Free Sprint – 2 min rest
2. Negative Split 800s – 2x800m IM: each 200 faster – 5 min rest
3. Threshold 200s – 4x200m Free @ 85% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 100!”

CARD 49 — BACKSTROKE + BREASTSTROKE

Theme: Backstroke Head Position / Breaststroke Timing Under Pressure

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back w/ Nose Clip – head still – 20s rest
- 4x50m Breast w/ Tempo Trainer @ 1.3s – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back “Eyes to Toes” Alignment – 20s rest
- 4x25m Breast “Pull → Glide → Kick” w/ 1s Delay – 30s rest

MAIN SET (50 mins)

1. Pressure Timing 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → hold technique under fatigue
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Breast – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – crisp turns

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + glute stretch
- Deep breathing + neck rolls

CARD 50 — BUTTERFLY + BACKSTROKE

Theme: Fly Recovery Mechanics / Backstroke Rotation Power

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Back)
- 4x50m Fly w/ Fingertip Drag Recovery – 20s rest
- 4x50m Back Kick w/ Board on Chest – 30s rest → forces rotation

PRE-MAIN ACTIVATION (15 mins)

- 4x50m One-Arm Fly + One-Arm Back – 25 each – 20s rest
- 4x25m Backstroke Flip Turns w/ 5 Fly Kicks – 30s rest

MAIN SET (50 mins)

1. Recovery/Rotation 200s – 4x200m: 100 Fly / 100 Back – 2 min rest → contrast mechanics
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back / 50 Fly off 1:45 – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Fly / 25 Back @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Chest opener + shoulder stretch
- Float & deep breaths

CARD 51 — IM + BREASTSTROKE

Theme: Breaststroke Legs in IM / IM Mental Endurance

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Breast Pullouts – max streamline – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Glide Focus – 3s glide – 20s rest
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Breast Legs 400s – 3x400m: 100 Fly, 100 Back, 100 Breast, 100 Free – 2 min rest
→ strong breast leg
2. Mental Endurance 800s – 1x800m IM @ 85% – 5 min rest → focus on pacing & form
3. Threshold 200s – 4x200m Breast @ 80% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My breaststroke leg is my superpower.”

CARD 52 — FREESTYLE + BACKSTROKE

Theme: Freestyle Bilateral Mastery / Backstroke Distance Per Stroke

WARM-UP (20 mins)

- 800m Mix (400 Free, 400 Back)
- 4x100m Free Bilateral Breathing – 20s rest
- 4x50m Back DPS Focus – reduce stroke count – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Zipper Drill” Free – 20s rest → high elbow
- 4x25m Back w/ Fingertip Drag – 30s rest

MAIN SET (50 mins)

1. Mastery 200s – 4x200m: 100 Free / 100 Back – 2 min rest → perfect bilateral & DPS
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Negative Split 200s Back – 3x200m – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Back @ Race Pace off 1:05 – fast flip turn

COOL-DOWN (5 mins)

- 400m Easy Breast
- Shoulder rolls + triceps stretch
- Float & smile

CARD 53 — BUTTERFLY + FREESTYLE

Theme: Fly Underwater Efficiency / Free Threshold Endurance

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x100m Free Threshold @ 80% – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m Free w/ Breath Every 7 Strokes – 30s rest

MAIN SET (50 mins)

1. Efficiency/Endurance 300s – 4x300m: 100 Fly Underwater Focus / 200 Free Threshold – 2 min rest
2. Negative Split 800s – 2x800m Free – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m Fly @ Race Pace off 1:15 – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps stretch + shoulder rolls
- Float & visualize perfect underwater

CARD 54 — IM + BACKSTROKE

Theme: Backstroke Legs in IM / IM Consistency Under Fatigue

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Backstroke w/ Closed Fists – 20s rest
- 4x50m IM Kick (Back Leg Focus) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x25m IM Transition: Fly → Back Turn – 30s rest

MAIN SET (50 mins)

1. IM Back Legs 400s – 3x400m: 100 Fly, 200 Back, 100 Free – 2 min rest
2. Fatigue Consistency 800s – 1x800m IM @ 85% – 5 min rest → hold stroke count
3. Threshold 100s – 6x100m Back @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Back @ Race Pace off 1 min – descend 1–4

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder blade squeeze + neck rolls
- Deep breathing x10

CARD 55 — BREASTSTROKE + FREESTYLE

Theme: Breaststroke Starts / Freestyle Relay Takeovers

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Free)
- 4x50m Breast Starts off Blocks → 15m Underwater – 45s rest
- 4x50m Free Relay Takeovers (in-water exchange) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast Pullouts w/ Fast Breakout – 20s rest
- 4x25m Free Exchange Practice (touch → push) – 30s rest

MAIN SET (50 mins)

1. Start/Takeover 200s – 4x200m: 100 Breast off Blocks / 100 Free Relay Start – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My start is explosive. My takeover is seamless.”

 CARD 56 — BUTTERFLY + IM

Theme: Fly Breakouts / IM Underwater Speed on All Strokes

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x50m Dive Starts → 15m Underwater (each stroke) – 45s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m IM Underwater Transitions (Fly→Back, Breast→Free) – 30s rest

MAIN SET (50 mins)

1. Underwater Challenge – 6x25m: max distance off wall – beat it each time – 60s rest
2. IM Breakout 200s – 4x200m IM off blocks – 2 min rest → strong underwater on each leg
3. Threshold Fly 400s – 2x400m Fly @ 75% – 3 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

CARD 57 — BACKSTROKE + BREASTSTROKE

Theme: Backstroke Flip Turns / Breaststroke Open Turns

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back Flip Turns – slow & controlled – 20s rest
- 4x50m Breast Open Turns – touch, tuck, explode – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back → Breast Turn Practice – 20s rest
- 4x25m Streamline Push-offs (both strokes) – 30s rest

MAIN SET (50 mins)

1. Turn Efficiency 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → focus on clean turns
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Breast Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

CARD 58 — FREESTYLE + BUTTERFLY

Theme: Freestyle Pacing Strategy / Fly Race Pace Bursts

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Negative Split – 20s rest
- 4x50m Fly w/ Snorkel – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pace Pyramid” Free – 20s rest → 25 easy, 25 sprint
- 4x25m Fly Breakout → 3 Strokes Sprint – 30s rest

MAIN SET (50 mins)

1. Strategy/Bursts 300s – 4x300m: 200 Free Pacing / 100 Fly Sprint – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive fly finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize perfect pacing

CARD 59 — IM + FREESTYLE

Theme: IM Starts / Freestyle Anchor Mental Toughness

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Dive Starts → 15m Underwater – 45s rest
- 4x50m Free Sprint Last 25 – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Starts 200s – 4x200m IM off blocks – 2 min rest → full race simulation
2. Free Anchor 400s – 3x400m: 300 IM Order, 100 Free Sprint – 3 min rest
3. Mental Toughness 800s – 1x800m Free @ 85% – 5 min rest → last 200 strong

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 50!”

CARD 60 — BACKSTROKE + BUTTERFLY

Theme: Backstroke Distance Per Stroke / Fly Underwater Power

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Fly)
- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x50m Underwater Fly Kick – max distance – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ Closed Fists – 20s rest → forearm pressure
- 4x25m Fly Breakout → Backstroke Swim – 30s rest

MAIN SET (50 mins)

1. Efficiency 200s – 4x200m: 100 Back / 100 Fly – 2 min rest → minimize strokes, maximize glide
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Underwater Challenge – 6x25m max distance – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Back Pull – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Fly @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder stretch + wrist circles
- Deep belly breaths x10

CARD 61 — BREASTSTROKE + BACKSTROKE

Theme: Breaststroke Pull Tempo / Backstroke Rotation Flow

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Pull w/ Tempo Trainer @ 1.4s – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pull Only” Breast w/ Buoy – 20s rest
- 4x25m One-Arm Back w/ Rotation Focus – 30s rest

MAIN SET (50 mins)

1. Tempo/Flow 200s – 4x200m: 100 Breast Pull / 100 Back Full – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Deep breathing + visualization

CARD 62 — FREESTYLE + IM

Theme: Freestyle Open Water Skills / IM Transition Speed

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 IM Order)
- 4x100m Free Sighting (lift eyes every 6 strokes) – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Tarzan Free – head up – 20s rest → leg power
- 4x25m IM Transition Sprints – 30s rest

MAIN SET (50 mins)

1. Open Water/Transition 300s – 4x300m: 200 Free Sighting / 100 IM Transition – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend 100s – 4x100m Free – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m Free @ Goal 200m Pace – 2 min rest → negative split focus

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & reflect on open water confidence

CARD 63 — BUTTERFLY + BREASTSTROKE

Theme: Fly Undulation / Breast Timing Sync

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Breast)
- 4x50m Fly Kick on Back – 20s rest
- 4x50m Breast Pull w/ Buoy – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Dolphin Recovery Breast” – 20s rest → core connection
- 4x25m Fly Undulation into Breast Pull – 30s rest

MAIN SET (50 mins)

1. Sync 200s – 4x200m: 100 Fly / 100 Breast – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Fly / 25 Breast @ Race Pace off 1:15 – smooth transition

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Chest opener stretch
- Deep belly breaths

CARD 64 — BACKSTROKE + FREESTYLE

Theme: Backstroke Flip Turn Efficiency / Freestyle Open Turn Speed

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Free)
- 4x50m Back Flip Turns – slow & controlled – 20s rest
- 4x50m Free Open Turns – touch, pivot, push – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back → Free Turn Practice – 20s rest
- 4x25m Streamline Push-offs (both strokes) – 30s rest

MAIN SET (50 mins)

1. Turn Efficiency 200s – 4x200m: 100 Back / 100 Free – focus on clean turns – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Free Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Free @ Race Pace off 1:05 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

CARD 65 — BUTTERFLY + IM

Theme: Fly Breakouts Under Fatigue / IM Wall Execution

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x50m Dive Starts → 15m Underwater – 45s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m IM Wall Touch Precision (Fly touch, Breast 2-hand, etc.) – 30s rest

MAIN SET (50 mins)

1. Fatigue Breakouts 200s – 4x200m Fly: 4th 50 breakout under fatigue – 2 min rest
2. IM Wall Execution 400s – 3x400m IM: clean turns on every wall – 3 min rest
3. Threshold 100s Fly – 6x100m @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

CARD 66 — BREASTSTROKE + BACKSTROKE

Theme: Breaststroke Glide Control / Backstroke Rotation Power

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Glide Count (3s) – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pause-and-Glide” Breast – 20s rest
- 4x25m One-Arm Back w/ Rotation Focus – 30s rest

MAIN SET (50 mins)

1. Glide/Rotation 200s – 4x200m: 100 Breast / 100 Back – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Neck side stretch + deep breaths

CARD 67 — FREESTYLE + BUTTERFLY

Theme: Freestyle Threshold Endurance / Fly Race Pace Bursts

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Threshold @ 80% – 20s rest
- 4x50m Fly w/ Snorkel – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Golf Drill” Free – 20s rest → Strokes + Time = Score
- 4x25m Fly Breakout Sprints – 30s rest

MAIN SET (50 mins)

1. Endurance/Bursts 300s – 4x300m: 200 Free @ 80% / 100 Fly @ Race Pace – 2 min rest
2. Negative Split 800s – 2x800m Free – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m Fly @ Race Pace off 1:15 – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps stretch + shoulder rolls
- Float & visualize perfect fly finish

CARD 68 — IM + FREESTYLE

Theme: Freestyle Anchor Legs / IM Negative Split Strategy

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Free Sprint Last 25 – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Free Legs 400s – 3x400m: 300 IM Order, 100 Free Sprint – 2 min rest
2. Negative Split 800s – 2x800m IM: each 200 faster – 5 min rest
3. Threshold 200s – 4x200m Free @ 85% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 100!”

CARD 69 — BACKSTROKE + BREASTSTROKE

Theme: Backstroke Head Stability / Breaststroke Timing Under Pressure

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back w/ Nose Clip – head still – 20s rest
- 4x50m Breast w/ Tempo Trainer @ 1.3s – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back “Eyes to Toes” Alignment – 20s rest
- 4x25m Breast “Pull → Glide → Kick” w/ 1s Delay – 30s rest

MAIN SET (50 mins)

1. Pressure Timing 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → hold technique under fatigue
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Breast – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – crisp turns

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + glute stretch
- Deep breathing + neck rolls

CARD 70 — BUTTERFLY + BACKSTROKE

Theme: Fly Recovery Mechanics / Backstroke Rotation Power

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Back)
- 4x50m Fly w/ Fingertip Drag Recovery – 20s rest
- 4x50m Back Kick w/ Board on Chest – 30s rest → forces rotation

PRE-MAIN ACTIVATION (15 mins)

- 4x50m One-Arm Fly + One-Arm Back – 25 each – 20s rest
- 4x25m Backstroke Flip Turns w/ 5 Fly Kicks – 30s rest

MAIN SET (50 mins)

1. Recovery/Rotation 200s – 4x200m: 100 Fly / 100 Back – 2 min rest → contrast mechanics
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back / 50 Fly off 1:45 – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Fly / 25 Back @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Chest opener + shoulder stretch
- Float & deep breaths

CARD 71 — IM + BREASTSTROKE

Theme: Breaststroke Legs in IM / IM Mental Endurance

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Breast Pullouts – max streamline – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Glide Focus – 3s glide – 20s rest
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Breast Legs 400s – 3x400m: 100 Fly, 100 Back, 100 Breast, 100 Free – 2 min rest
→ strong breast leg
2. Mental Endurance 800s – 1x800m IM @ 85% – 5 min rest → focus on pacing & form
3. Threshold 200s – 4x200m Breast @ 80% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My breaststroke leg is my superpower.”

CARD 72 — FREESTYLE + BACKSTROKE

Theme: Freestyle Bilateral Mastery / Backstroke Distance Per Stroke

WARM-UP (20 mins)

- 800m Mix (400 Free, 400 Back)
- 4x100m Free Bilateral Breathing – 20s rest
- 4x50m Back DPS Focus – reduce stroke count – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Zipper Drill” Free – 20s rest → high elbow
- 4x25m Back w/ Fingertip Drag – 30s rest

MAIN SET (50 mins)

1. Mastery 200s – 4x200m: 100 Free / 100 Back – 2 min rest → perfect bilateral & DPS
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Negative Split 200s Back – 3x200m – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Back @ Race Pace off 1:05 – fast flip turn

COOL-DOWN (5 mins)

- 400m Easy Breast
- Shoulder rolls + triceps stretch
- Float & smile

CARD 73 — BUTTERFLY + FREESTYLE

Theme: Fly Underwater Efficiency / Free Threshold Endurance

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x100m Free Threshold @ 80% – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m Free w/ Breath Every 7 Strokes – 30s rest

MAIN SET (50 mins)

1. Efficiency/Endurance 300s – 4x300m: 100 Fly Underwater Focus / 200 Free Threshold – 2 min rest
2. Negative Split 800s – 2x800m Free – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m Fly @ Race Pace off 1:15 – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps stretch + shoulder rolls
- Float & visualize perfect underwater

 CARD 74 — IM + BACKSTROKE

Theme: Backstroke Legs in IM / IM Consistency Under Fatigue

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Backstroke w/ Closed Fists – 20s rest
- 4x50m IM Kick (Back Leg Focus) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x25m IM Transition: Fly → Back Turn – 30s rest

MAIN SET (50 mins)

1. IM Back Legs 400s – 3x400m: 100 Fly, 200 Back, 100 Free – 2 min rest
2. Fatigue Consistency 800s – 1x800m IM @ 85% – 5 min rest → hold stroke count
3. Threshold 100s – 6x100m Back @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Back @ Race Pace off 1 min – descend 1–4

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder blade squeeze + neck rolls
- Deep breathing x10

CARD 75 — BREASTSTROKE + FREESTYLE

Theme: Breaststroke Starts / Freestyle Relay Takeovers

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Free)
- 4x50m Breast Starts off Blocks → 15m Underwater – 45s rest
- 4x50m Free Relay Takeovers (in-water exchange) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast Pullouts w/ Fast Breakout – 20s rest
- 4x25m Free Exchange Practice (touch → push) – 30s rest

MAIN SET (50 mins)

1. Start/Takeover 200s – 4x200m: 100 Breast off Blocks / 100 Free Relay Start – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My start is explosive. My takeover is seamless.”

 CARD 76 — BUTTERFLY + IM

Theme: Fly Breakouts / IM Underwater Speed on All Strokes

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x50m Dive Starts → 15m Underwater (each stroke) – 45s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m IM Underwater Transitions (Fly→Back, Breast→Free) – 30s rest

MAIN SET (50 mins)

1. Underwater Challenge – 6x25m: max distance off wall – beat it each time – 60s rest
2. IM Breakout 200s – 4x200m IM off blocks – 2 min rest → strong underwater on each leg
3. Threshold Fly 400s – 2x400m Fly @ 75% – 3 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

CARD 77 — BACKSTROKE + BREASTSTROKE

Theme: Backstroke Flip Turns / Breaststroke Open Turns

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back Flip Turns – slow & controlled – 20s rest
- 4x50m Breast Open Turns – touch, tuck, explode – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back → Breast Turn Practice – 20s rest
- 4x25m Streamline Push-offs (both strokes) – 30s rest

MAIN SET (50 mins)

1. Turn Efficiency 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → focus on clean turns
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Breast Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

CARD 78 — FREESTYLE + BUTTERFLY

Theme: Freestyle Pacing Strategy / Fly Race Pace Bursts

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Negative Split – 20s rest
- 4x50m Fly w/ Snorkel – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pace Pyramid” Free – 20s rest → 25 easy, 25 sprint
- 4x25m Fly Breakout → 3 Strokes Sprint – 30s rest

MAIN SET (50 mins)

1. Strategy/Bursts 300s – 4x300m: 200 Free Pacing / 100 Fly Sprint – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive fly finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize perfect pacing

CARD 79 — IM + FREESTYLE

Theme: IM Starts / Freestyle Anchor Mental Toughness

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Dive Starts → 15m Underwater – 45s rest
- 4x50m Free Sprint Last 25 – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Starts 200s – 4x200m IM off blocks – 2 min rest → full race simulation
2. Free Anchor 400s – 3x400m: 300 IM Order, 100 Free Sprint – 3 min rest
3. Mental Toughness 800s – 1x800m Free @ 85% – 5 min rest → last 200 strong

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 50!”

CARD 80 — BACKSTROKE + BUTTERFLY

Theme: Backstroke Distance Per Stroke / Fly Underwater Power

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Fly)
- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x50m Underwater Fly Kick – max distance – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ Closed Fists – 20s rest → forearm pressure
- 4x25m Fly Breakout → Backstroke Swim – 30s rest

MAIN SET (50 mins)

1. Efficiency 200s – 4x200m: 100 Back / 100 Fly – 2 min rest → minimize strokes, maximize glide
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Underwater Challenge – 6x25m max distance – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Back Pull – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Fly @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder stretch + wrist circles
- Deep belly breaths x10

CARD 81 — BREASTSTROKE + BACKSTROKE

Theme: Breaststroke Pull Tempo / Backstroke Rotation Flow

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Pull w/ Tempo Trainer @ 1.4s – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pull Only” Breast w/ Buoy – 20s rest
- 4x25m One-Arm Back w/ Rotation Focus – 30s rest

MAIN SET (50 mins)

1. Tempo/Flow 200s – 4x200m: 100 Breast Pull / 100 Back Full – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Deep breathing + visualization

CARD 82 — FREESTYLE + IM

Theme: Freestyle Open Water Skills / IM Transition Speed

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 IM Order)
- 4x100m Free Sighting (lift eyes every 6 strokes) – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Tarzan Free – head up – 20s rest → leg power
- 4x25m IM Transition Sprints – 30s rest

MAIN SET (50 mins)

1. Open Water/Transition 300s – 4x300m: 200 Free Sighting / 100 IM Transition – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend 100s – 4x100m Free – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m Free @ Goal 200m Pace – 2 min rest → negative split focus

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & reflect on open water confidence

CARD 83 — BUTTERFLY + BREASTSTROKE

Theme: Fly Undulation / Breast Timing Sync

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Breast)
- 4x50m Fly Kick on Back – 20s rest
- 4x50m Breast Pull w/ Buoy – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Dolphin Recovery Breast” – 20s rest → core connection
- 4x25m Fly Undulation into Breast Pull – 30s rest

MAIN SET (50 mins)

1. Sync 200s – 4x200m: 100 Fly / 100 Breast – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Fly / 25 Breast @ Race Pace off 1:15 – smooth transition

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Chest opener stretch
- Deep belly breaths

CARD 84 — BACKSTROKE + FREESTYLE

Theme: Backstroke Streamline Efficiency / Freestyle Breakout Speed

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Free)
- 4x50m Streamline Push-offs (Back) – max distance – 20s rest
- 4x50m Free Breakout Sprints (15m underwater + 35m sprint) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ 5 Underwater Dolphin Kicks – 20s rest
- 4x25m Free Flip Turn → Fast Breakout – 30s rest

MAIN SET (50 mins)

1. Streamline/Breakout 200s – 4x200m: 100 Back / 100 Free – 2 min rest → focus on push-off efficiency
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Free Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Free @ Race Pace off 1:05 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

CARD 85 — BUTTERFLY + IM

Theme: Fly Turns Under Fatigue / IM Wall Strategy

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Fly Open Turns – touch, tuck, explode – 20s rest
- 4x50m IM Kick to Wall (each stroke) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout → 3 Strokes Sprint – 20s rest
- 4x25m IM Wall Touch Precision (Fly touch, Breast 2-hand, etc.) – 30s rest

MAIN SET (50 mins)

1. Fatigue Turns 200s – 4x200m Fly: 4th 50 turn under fatigue – 2 min rest
2. IM Wall Execution 400s – 3x400m IM: clean turns on every wall – 3 min rest
3. Threshold 100s Fly – 6x100m @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

CARD 86 — BREASTSTROKE + BACKSTROKE

Theme: Breaststroke Underwater Pull / Backstroke Rotation Flow

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Pullouts – max streamline + 1 pull – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Delayed Breath – 20s rest → timing focus
- 4x25m One-Arm Back w/ High Elbow Recovery – 30s rest

MAIN SET (50 mins)

1. Pull/Rotation 200s – 4x200m: 100 Breast Pull / 100 Back Full – 2 min rest → contrast power & flow
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Neck side stretch + deep breaths

CARD 87 — FREESTYLE + BUTTERFLY

Theme: Free Distance Per Stroke / Fly Rhythm Under Fatigue

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free DPS Focus – reduce stroke count – 20s rest
- 4x50m Fly w/ Snorkel – smooth rhythm – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Catch-Up + Pause” Free – 20s rest → balance & extension
- 4x25m Fly w/ Bilateral Breathing – 30s rest

MAIN SET (50 mins)

1. DPS/Rhythm 300s – 4x300m: 200 Free DPS / 100 Fly Rhythm – 2 min rest → hold form when tired
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive fly finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize perfect rhythm

CARD 88 — IM + FREESTYLE

Theme: Freestyle Legs in IM / Negative Split Strategy

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Free Sprint Last 25 – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Free Legs 400s – 3x400m: 300 IM Order, 100 Free Sprint – 2 min rest
2. Negative Split 800s – 2x800m IM: each 200 faster – 5 min rest
3. Threshold 200s – 4x200m Free @ 85% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 100!”

 CARD 89 — BACKSTROKE + BREASTSTROKE

Theme: Backstroke Head Position / Breaststroke Timing Under Pressure

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back w/ Nose Clip – head still – 20s rest
- 4x50m Breast w/ Tempo Trainer @ 1.3s – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back “Eyes to Toes” Alignment – 20s rest
- 4x25m Breast “Pull → Glide → Kick” w/ 1s Delay – 30s rest

MAIN SET (50 mins)

1. Pressure Timing 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → hold technique under fatigue
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Breast – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – crisp turns

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + glute stretch
- Deep breathing + neck rolls

CARD 90 — BUTTERFLY + BACKSTROKE

Theme: Fly Recovery Mechanics / Backstroke Rotation Power

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Back)
- 4x50m Fly w/ Fingertip Drag Recovery – 20s rest
- 4x50m Back Kick w/ Board on Chest – 30s rest → forces rotation

PRE-MAIN ACTIVATION (15 mins)

- 4x50m One-Arm Fly + One-Arm Back – 25 each – 20s rest
- 4x25m Backstroke Flip Turns w/ 5 Fly Kicks – 30s rest

MAIN SET (50 mins)

1. Recovery/Rotation 200s – 4x200m: 100 Fly / 100 Back – 2 min rest → contrast mechanics
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back / 50 Fly off 1:45 – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull – 3 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Fly / 25 Back @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Chest opener + shoulder stretch
- Float & deep breaths

CARD 91 — IM + BREASTSTROKE

Theme: Breaststroke Legs in IM / IM Mental Endurance

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Breast Pullouts – max streamline – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast w/ Glide Focus – 3s glide – 20s rest
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Breast Legs 400s – 3x400m: 100 Fly, 100 Back, 100 Breast, 100 Free – 2 min rest
→ strong breast leg
2. Mental Endurance 800s – 1x800m IM @ 85% – 5 min rest → focus on pacing & form
3. Threshold 200s – 4x200m Breast @ 80% – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My breaststroke leg is my superpower.”

CARD 92 — FREESTYLE + BACKSTROKE

Theme: Freestyle Bilateral Mastery / Backstroke Distance Per Stroke

WARM-UP (20 mins)

- 800m Mix (400 Free, 400 Back)
- 4x100m Free Bilateral Breathing – 20s rest
- 4x50m Back DPS Focus – reduce stroke count – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Zipper Drill” Free – 20s rest → high elbow
- 4x25m Back w/ Fingertip Drag – 30s rest

MAIN SET (50 mins)

1. Mastery 200s – 4x200m: 100 Free / 100 Back – 2 min rest → perfect bilateral & DPS
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Negative Split 200s Back – 3x200m – 2 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m Back @ 75% – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Back @ Race Pace off 1:05 – fast flip turn

COOL-DOWN (5 mins)

- 400m Easy Breast
- Shoulder rolls + triceps stretch
- Float & smile

CARD 93 — BUTTERFLY + FREESTYLE

Theme: Fly Underwater Efficiency / Free Threshold Endurance

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x100m Free Threshold @ 80% – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m Free w/ Breath Every 7 Strokes – 30s rest

MAIN SET (50 mins)

1. Efficiency/Endurance 300s – 4x300m: 100 Fly Underwater Focus / 200 Free Threshold – 2 min rest
2. Negative Split 800s – 2x800m Free – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m Fly @ Race Pace off 1:15 – hold stroke count

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps stretch + shoulder rolls
- Float & visualize perfect underwater

 CARD 94 — IM + BACKSTROKE

Theme: Backstroke Legs in IM / IM Consistency Under Fatigue

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Backstroke w/ Closed Fists – 20s rest
- 4x50m IM Kick (Back Leg Focus) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x25m IM Transition: Fly → Back Turn – 30s rest

MAIN SET (50 mins)

1. IM Back Legs 400s – 3x400m: 100 Fly, 200 Back, 100 Free – 2 min rest
2. Fatigue Consistency 800s – 1x800m IM @ 85% – 5 min rest → hold stroke count
3. Threshold 100s – 6x100m Back @ 85% – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Back @ Race Pace off 1 min – descend 1–4

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder blade squeeze + neck rolls
- Deep breathing x10

CARD 95 — BREASTSTROKE + FREESTYLE

Theme: Breaststroke Starts / Freestyle Relay Takeovers

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Free)
- 4x50m Breast Starts off Blocks → 15m Underwater – 45s rest
- 4x50m Free Relay Takeovers (in-water exchange) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Breast Pullouts w/ Fast Breakout – 20s rest
- 4x25m Free Exchange Practice (touch → push) – 30s rest

MAIN SET (50 mins)

1. Start/Takeover 200s – 4x200m: 100 Breast off Blocks / 100 Free Relay Start – 2 min rest
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Breast w/ Fins – 3 min rest
- OR 6x200m Free @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Breast off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Quad stretch + deep breaths
- Visualization: “My start is explosive. My takeover is seamless.”

 CARD 96 — BUTTERFLY + IM

Theme: Fly Breakouts / IM Underwater Speed on All Strokes

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Underwater Fly Kick – max distance – 20s rest
- 4x50m Dive Starts → 15m Underwater (each stroke) – 45s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Fly Breakout Sprints – 20s rest → fast first stroke
- 4x25m IM Underwater Transitions (Fly→Back, Breast→Free) – 30s rest

MAIN SET (50 mins)

1. Underwater Challenge – 6x25m: max distance off wall – beat it each time – 60s rest
2. IM Breakout 200s – 4x200m IM off blocks – 2 min rest → strong underwater on each leg
3. Threshold Fly 400s – 2x400m Fly @ 75% – 3 min rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Fly Pull w/ Buoy – 3 min rest
- OR 5x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Fly off Blocks @ 100% – 2 min rest → full race simulation

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Child's pose float
- Shoulder rolls + deep breaths

 CARD 97 — BACKSTROKE + BREASTSTROKE

Theme: Backstroke Flip Turns / Breaststroke Open Turns

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Breast)
- 4x50m Back Flip Turns – slow & controlled – 20s rest
- 4x50m Breast Open Turns – touch, tuck, explode – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back → Breast Turn Practice – 20s rest
- 4x25m Streamline Push-offs (both strokes) – 30s rest

MAIN SET (50 mins)

1. Turn Efficiency 200s – 4x200m: 100 Back / 100 Breast – 2 min rest → focus on clean turns
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Sprint 100s – 4x100m: 50 Back Sprint / 50 Breast Easy – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Back / 25 Breast @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Shoulder cross stretch + wrist circles
- Float & deep belly breaths x10

CARD 98 — FREESTYLE + BUTTERFLY

Theme: Freestyle Pacing Strategy / Fly Race Pace Bursts

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 Fly)
- 4x100m Free Negative Split – 20s rest
- 4x50m Fly w/ Snorkel – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pace Pyramid” Free – 20s rest → 25 easy, 25 sprint
- 4x25m Fly Breakout → 3 Strokes Sprint – 30s rest

MAIN SET (50 mins)

1. Strategy/Bursts 300s – 4x300m: 200 Free Pacing / 100 Fly Sprint – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend Fly 100s – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Free / 25 Fly @ Race Pace off 1:10 – explosive fly finish

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & visualize perfect pacing

CARD 99 — IM + FREESTYLE

Theme: IM Starts / Freestyle Anchor Mental Toughness

WARM-UP (20 mins)

- 800m IM Order
- 4x50m Dive Starts → 15m Underwater – 45s rest
- 4x50m Free Sprint Last 25 – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 75 Easy, 25 Free Sprint – 30s rest → anchor simulation
- 4x25m IM Starts off Blocks – 45s rest

MAIN SET (50 mins)

1. IM Starts 200s – 4x200m IM off blocks – 2 min rest → full race simulation
2. Free Anchor 400s – 3x400m: 300 IM Order, 100 Free Sprint – 3 min rest
3. Mental Toughness 800s – 1x800m Free @ 85% – 5 min rest → last 200 strong

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull Free – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x50m Free off Blocks @ 100% – 2 min rest → simulate relay anchor

COOL-DOWN (5 mins)

- 500m Easy Mix
- Full body stretch
- Visualization: “I own the last 50!”

CARD 100 — BACKSTROKE + BUTTERFLY

Theme: Backstroke Distance Per Stroke / Fly Underwater Power

WARM-UP (20 mins)

- 800m Mix (400 Back, 400 Fly)
- 4x50m Back DPS Focus – reduce stroke count – 20s rest
- 4x50m Underwater Fly Kick – max distance – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Back w/ Closed Fists – 20s rest → forearm pressure
- 4x25m Fly Breakout → Backstroke Swim – 30s rest

MAIN SET (50 mins)

1. Efficiency 200s – 4x200m: 100 Back / 100 Fly – 2 min rest → minimize strokes, maximize glide
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Underwater Challenge – 6x25m max distance – 60s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Back Pull – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 8x50m: 25 Back / 25 Fly @ Race Pace off 1:10 – fast transitions

COOL-DOWN (5 mins)

- 400m Easy Breaststroke
- Shoulder stretch + wrist circles
- Deep belly breaths x10

CARD 101 — BREASTSTROKE + BACKSTROKE

Theme: Breaststroke Pull Tempo / Backstroke Rotation Flow

WARM-UP (20 mins)

- 800m Mix (400 Breast, 400 Back)
- 4x50m Breast Pull w/ Tempo Trainer @ 1.4s – 20s rest
- 4x50m 6-Kick Switch Back – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Pull Only” Breast w/ Buoy – 20s rest
- 4x25m One-Arm Back w/ Rotation Focus – 30s rest

MAIN SET (50 mins)

1. Tempo/Flow 200s – 4x200m: 100 Breast Pull / 100 Back Full – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s Back – 4x100m – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Back Pull w/ Snorkel – 3 min rest
- OR 5x200m Breast w/ Fins – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Breast / 25 Back @ Race Pace off 1:10 – smooth transitions

COOL-DOWN (5 mins)

- 400m Easy Freestyle
- Quad + hip flexor stretch
- Deep breathing + visualization

CARD 102 — FREESTYLE + IM

Theme: Freestyle Open Water Skills / IM Transition Speed

WARM-UP (20 mins)

- 1000m Mix (600 Free, 400 IM Order)
- 4x100m Free Sighting (lift eyes every 6 strokes) – 20s rest
- 4x50m IM Kick w/ Board – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m Tarzan Free – head up – 20s rest → leg power
- 4x25m IM Transition Sprints – 30s rest

MAIN SET (50 mins)

1. Open Water/Transition 300s – 4x300m: 200 Free Sighting / 100 IM Transition – 2 min rest
2. Threshold 800s – 2x800m Free @ 75% – 5 min rest
3. Descend 100s – 4x100m Free – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1500m Free Steady – 5 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m Free @ Goal 200m Pace – 2 min rest → negative split focus

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Triceps + lat stretch
- Float & reflect on open water confidence

CARD 103 — BUTTERFLY + BREASTSTROKE

Theme: Fly Undulation / Breast Timing Sync

WARM-UP (20 mins)

- 800m Mix (400 Fly, 400 Breast)
- 4x50m Fly Kick on Back – 20s rest
- 4x50m Breast Pull w/ Buoy – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x50m “Dolphin Recovery Breast” – 20s rest → core connection
- 4x25m Fly Undulation into Breast Pull – 30s rest

MAIN SET (50 mins)

1. Sync 200s – 4x200m: 100 Fly / 100 Breast – 2 min rest → contrast rhythm
2. Threshold 400s – 2x400m Mix @ 80% – 3 min rest
3. Descend 100s – 4x100m Breast – 90s rest

THRESHOLD / ENDURANCE (20 mins)

- 1x1000m Breast Pull w/ Tempo – 3 min rest
- OR 5x200m Fly w/ Buoy – 45s rest

RACE PACE (10 mins)

- 6x50m: 25 Fly / 25 Breast @ Race Pace off 1:15 – smooth transition

COOL-DOWN (5 mins)

- 400m Easy Backstroke
- Chest opener stretch
- Deep belly breaths

CARD 104 — IM FOCUS

Theme: Full IM Integration, Race Simulation & Mental Peak

WARM-UP (20 mins)

- 800m IM Order (200 per stroke)
- 4x50m IM Kick (each stroke 12.5m) – 20s rest
- 4x50m Streamline Push-offs (each stroke) – 30s rest

PRE-MAIN ACTIVATION (15 mins)

- 4x100m: 25 Fly, 25 Back, 25 Breast, 25 Free – 30s rest → transition focus
- 4x25m Turn Transitions (Fly→Back, Back→Breast, Breast→Free) – 45s rest

MAIN SET (50 mins)

1. Race Sim 400 IM – 2x400m IM off blocks @ Goal Pace – 5 min rest → full race execution
2. Broken 800 IM – 1x800m: 4x200m IM w/ 30s rest between – simulate meet pacing
3. Threshold 200s – 4x200m Choice @ 85% – 90s rest → maintain speed under fatigue

THRESHOLD / ENDURANCE (20 mins)

- 1x1200m Pull IM Order w/ Buoy – 3 min rest
- OR 6x200m IM Order @ 75% – 45s rest

RACE PACE (10 mins)

- 4x100m IM Order @ Max Effort – 2 min rest → leave it all in the water 

COOL-DOWN (5 mins)

- 500m Easy Choice (mix strokes)
- Full body stretch at wall
- Deep breathing + visualization: “I am strong. I am ready. I am a champion.”