

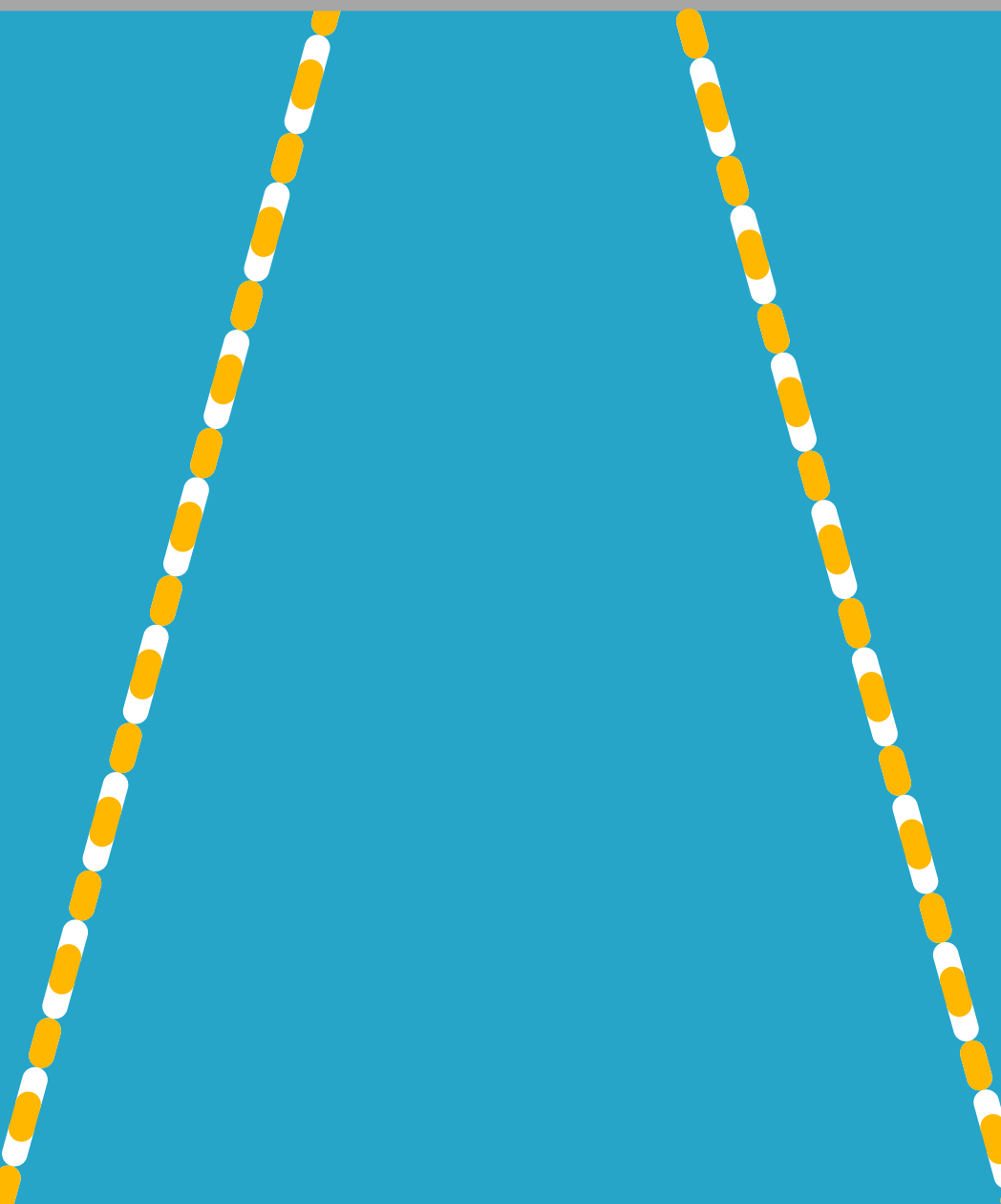


10:30 AM

100% 

# SWORKOUT

**DIVE IN!**





10:30 AM

100% 

# SWORKOUT

**BUILD A  
WORKOUT**

**MY WORKOUTS**

**MY SETS**

**COMMUNITY  
WORKOUTS**

**WORKOUT  
OF THE DAY**

# MY SETS

## PRE-SETS

- ♥ Butterfly Drills
- ♥ Freestyle Quarters

## MAIN SETS

- ♥ Long Distance Ladder
- ♥ IM Progression
- ♥ Free/Back Pyramid

## SUPPLEMENTARY SETS

- ♥ Kick Sprints
- ♥ Pull / Swim 150s
- ♥ Snorkle Set

**+ ADD A SET**



# **TITLE**

Please add the content of the Set to this section, or search for one that you have done in the past.

**FIND A SET**

## **WHY DO YOU LIKE THIS SET?**

Optional but you can type in why you like this set, or what your intention with the set is.

**+ ADD SET**



# FREE/BACK PYRAMID

By NatSwim23

**TRY TO MATCH YOUR  
BACKSTROKE PACE TO  
THAT OF YOUR  
FREESTYLE**

**9 x 200 @ 30 seconds rest**

1. All Free
2. 175 Free / 25 Back
3. 150 Free / 50 Back
4. 125 Free / 75 Back
5. 100 Free / 100 Back
6. 75 Free / 125 Back
7. 50 Free / 150 Back
8. 25 Free / 175 Back
9. All Back

**TOTAL DISTANCE: 1800**



**ADD TO FAVORITES**





10:30 AM

100%

# COMMUNITY SETS

Stingray Signature Kick  
Set

Mile Marathon

Freestyle Quarters

IM Progression

Free/Back Pyramids

Snorkle Set

(Scroll for More)



# BUILD A WORKOUT

**TITLE**

---

**ADD WARMUP**

---

**ADD SET**

---

**ADD SET**

---

**+**

---

**ADD COOL DOWN**

---

**TOTAL:  
ESTIMATED TIME:**



# ADD A SET

## PRE-SETS

A pre-set helps prepare you for whatever the main set of the workout focuses on.

## MAIN SETS



The main set is the center of attention for the workout. It is the longest part of the workout

## SUPPLEMENTARY SETS

Supplementary sets can be smaller versions of the main set, or switch up the movements for a recovery.

## VIEW FAVORITES

View the sets that you have saved in the past to add to your workout.





# MAIN SETS

## FREESTYLE SETS

- + Long Distance Ladder
- + Sprint Splits
- + Mid Distance Medley

[View More](#)

## STROKE SETS

- + 1
- + 2
- + 3

[View More](#)

## IM SETS

- + 1
- + 2
- + 3

[View More](#)

## FAVORITE SETS

- + 1
- + 2
- + 3

[View More](#)



# LONG DISTANCE LADDER



## FOCUSES ON BUILDING ENDURANCE FOR LONGER SWIMS

8x50 Freestyle Swim

4x100 Freestyle Swim

2x200 Freestyle Swim

1x400 Freestyle Swim

2x200 Freestyle

1. Alt 50 kick 50 swim

2. Alt 75 kick 25 swim

4x100

odds - Free Swim

Evens - 75 Free / 25 kick

8x50 Free Swim

**TOTAL DISTANCE: 2800**

**+ ADD TO WORKOUT**



# BUILD A WORKOUT

**TITLE**

---

**ADD WARMUP**

---

**ADD SET**

**LONG DISTANCE  
LADDER**

**+**

---

**ADD COOL DOWN**

---

**TOTAL:  
ESTIMATED TIME:**



**LOOKS  
LIKE YOU  
COULD USE  
A PRE-SET!**

**LET'S FIND  
ONE THAT IS  
RIGHT FOR  
THIS SET!**