

Free Workout – Level 1



Warm-up:

200 as 2 x (50 Free / 50 [Stroke](#) – any stroke but Freestyle)

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

{ 1 x 400 Free swim [easy hypoxic](#) on 9'00
2 x 200 Free swim [steady](#) on 4'30
4 x 100 Free swim [solid](#) on 2'30

{ 1 x 200 Free pull only with Pull Buoy only on 4'30
2 x 50 Kick choice (R:15")
4 x 25 Free swim fast on 45"

Total: 2000

Free Workout – Level 2



Warm-up:

200 as 2 x (50 Free / 50 [Stroke](#))

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

{ 1 x 400 Free swim [easy hypoxic](#) on 8'15
2 x 200 Free swim [steady](#) on 4'00
4 x 100 Free swim [solid](#) on 2'15

{ 1 x 200 Free pull only with Pull Buoy only on 4'10
2 x 100 Kick choice on 3'00
4 x 50 Free swim as 25 fast / 25 easy on 1'15

Pull / Paddles Freestyle set:

6 x 50 [descend 1 – 3 & 4 – 6](#) on 1'05

Total: 2500

Free Workout – Level 3



Warm-up:

200 as 2 x (50 Free / 50 [Stroke](#))

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

- 1 x 400 Free swim [easy hypoxic](#) on 8'00
- 2 x 200 Free swim [steady](#) on 3'50
- 4 x 100 Free swim [solid](#) on 2'10

- 1 x 200 Free pull only with Pull Buoy only on 4'00
- 2 x 100 Kick choice on 3'00
- 4 x 50 Free swim as 25 fast / 25 easy on 1'10

Pull / Paddles Freestyle set:

6 x 100 [descend 1 – 3 & 4 – 6](#) on 2'00

Total: 2800

Free Workout – Level 4



Warm-up:

200 Free

200 as 2 x (50 [Stroke](#) / 50 Free)

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

- 1 x 400 Free swim [easy hypoxic](#) on 7'30
- 2 x 200 Free swim [steady](#) on 3'40
- 4 x 100 Free swim [solid](#) on 2'05

- 1 x 200 Free pull only with Pull Buoy only on 3'45
- 2 x 100 Kick choice on 2'45
- 4 x 50 Free swim as 25 fast / 25 easy on 1'10

Pull / Paddles Freestyle set:

6 x 100 [descend 1 – 3 & 4 – 6](#) on 1'55

Total: 3000

Free Workout – Level 5



Warm-up:

100 Free

200 as 2 x (50 [Stroke](#) / 50 Free)

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

{ 1 x 400 Free swim [easy hypoxic](#) on 7'15
2 x 200 Free swim [steady](#) on 3'30
4 x 100 Free swim [solid](#) on 2'00

{ 1 x 300 Free pull only with Pull Buoy only on 5'15
2 x 150 swim as 50 Back / 50 Breast / 50 Free on 3'00
3 x 100 swim as 25 Stroke solid / 75 Free easy on 2'00

Pull / Paddles Freestyle set:

6 x 100 [descend 1 – 3 & 4 – 6](#) on 1'50

Total: 3200

Free Workout – Level 6



Warm-up:

100 Free

200 as 4 x (50 [Stroke](#) / 50 Free)

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

{ 1 x 400 Free swim [easy hypoxic](#) on 6'50
2 x 200 Free swim [steady](#) on 3'20
4 x 100 Free swim [solid](#) on 1'55

{ 1 x 300 Free pull only with Pull Buoy only on 5'00
2 x 150 swim as 50 Back / 50 Breast / 50 Free on 2'50
3 x 100 swim as 25 Stroke solid / 75 Free easy on 1'55

{ 1 x 200 Free swim easy on 3'20
2 x 100 Kick choice on 2'45
2 x 50 Free swim as 25 fast / 25 easy on 1'00

Pull / Paddles Freestyle set:

4 x 100 [descend 1 – 4](#) on 1'45

Total: 3500

Free Workout – Level 7



Warm-up:

200 Free

200 as 2 x (50 [Stroke](#) / 50 Free)

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

{ 1 x 400 Free swim [easy hypoxic](#) on 6'30
2 x 200 Free swim [steady](#) on 3'10
4 x 100 Free swim [solid](#) on 1'50

{ 1 x 300 Free pull only with Pull Buoy only on 4'45
2 x 150 swim as 50 Back / 50 Breast / 50 Free on 2'45
3 x 100 swim as 25 Stroke solid / 75 Free easy on 1'50

{ 1 x 200 Free swim easy on 3'10
2 x 100 Kick choice on 2'40
2 x 50 Free swim as 25 fast / 25 easy on 1'00

Pull / Paddles Freestyle set:

6 x 100 [descend 1 – 3 & 4 – 6](#) on 1'40

Total: 3800

Free Workout – Level 8



Warm-up:

200 Free

300 as 3 x (50 [Stroke](#) / 50 Free)

200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

{ 1 x 400 Free swim [easy hypoxic](#) on 6'15
2 x 200 Free swim [steady](#) on 3'00
4 x 100 Free swim [solid](#) on 1'45

{ 1 x 300 Free pull only with Pull Buoy only on 4'30
2 x 150 swim as 50 Fly / 50 Back / 50 Breast on 2'40
3 x 100 swim as 25 Stroke solid / 75 Free easy on 1'45

{ 1 x 200 Free swim easy on 3'00
2 x 100 Kick choice on 2'30
4 x 50 Free swim as 25 fast / 25 easy on 1'00

Pull / Paddles Freestyle set:

6 x 100 [descend 1 – 3 & 4 – 6](#) on 1'35

Total: 4000

Free Workout – Level 9



Warm-up:

- 200 Free
- 200 as 2 x (50 [Stroke](#) / 50 Free)
- 200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

- { 1 x 400 Free swim [easy hypoxic](#) on 6'00
- { 2 x 200 Free swim [steady](#) on 2'50
- { 4 x 100 Free swim [solid](#) on 1'40

- { 1 x 300 Free pull only with Pull Buoy on 4'15
- { 2 x 150 swim as 50 Fly / 50 Back / 50 Breast on 2'35
- { 3 x 100 swim as 25 Stroke solid / 75 Free easy on 1'40

- { 1 x 200 Free swim easy on 2'50
- { 2 x 100 Kick choice on 2'25
- { 4 x 50 Free swim as 25 fast / 25 easy on 1'00

- { 1 x 100 Free swim easy 1'30
- { 2 x 50 swim as 25 Stroke solid / 25 easy on 50"
- { 4 x 25 swim fast as alternate Stroke / Free on 40"

Pull / Paddles Freestyle set:

- 6 x 100 [descend 1 – 3, & 4 – 6](#) on 1'30

Total: 4200

Free Workout – Level 10



Warm-up:

- 200 Free
- 200 as 2 x (50 [Stroke](#) / 50 Free)
- 200 Free as 2 x (50 [drill](#) / 50 swim D.P.S.)

Main set: up to 1'00 rest between blocks

- { 1 x 400 Free swim [easy hypoxic](#) on 5'30
- { 2 x 200 Free swim [steady](#) on 2'45
- { 4 x 100 Free swim [solid](#) on 1'35

- { 1 x 300 Free pull only with Pull Buoy on 4'00
- { 2 x 150 swim as 50 Fly / 50 Back / 50 Breast on 2'25
- { 3 x 100 swim as 25 Stroke solid / 75 Free easy on 1'30

- { 1 x 200 Free swim easy on 2'45
- { 2 x 100 Kick choice on 2'15
- { 4 x 50 Free swim as 25 fast / 25 easy on 1'00

- { 1 x 100 Free swim easy 1'30
- { 2 x 50 swim as 25 Stroke solid / 25 easy on 50"
- { 4 x 25 swim fast as alternate Stroke / Free on 40"

Pull / Paddles Freestyle set:

- 9 x 100 [descend 1 – 3, 4 – 6, & 7 – 9](#) on 1'25

Total: 4500