Fartlek (500 yards)

Pace	Push
1	1
2	2
3	3
4	4

Steamroller (1625 yards)   (1000 yards)

(1-10)		(1-5, 5-1)	
Push	Stretch	Push	Stretch
1	1	1	1
2	1	2	1
3	1	3	1
4	1	4	1
5	1	5	1
6	1	5	1
7	1	4	1
8	1	3	1
9	1	2	1
10	1	1	1

Complex 1000   (1000 yards)

100's		75's		50's		25's	
Easy	Push	Easy	Push	Easy	Push	Easy	Push
4	0	3	0	2	0	1	1
3	1	2	1	1	1		
2	2	1	2	0	2		
1	3	0					
0	4						

Shotgun   (2000 yards)

        1 x 400
        2 x 200
        4 x 100
        8 x 50
        16 x 25

Ladder

        25 – 50 – 100 – 200 – 500 – 200 – 100 – 50 – 25
                Or any other pattern of distances

Interval Swimming

        Set number of swims on a specific time interval
        Example   10 x 50 @ 1:00   means 10 swims of 50 yards on 1 minute (including rest interval)

Broken Swim

        Set distance broken into shorter segments, each of which is timed. All times are added together to arrive at a total swim time.

50's to Failure (or other distances)

Repeat 50 yard swims starting on a minute with the interval shortening by 1 second each round. Swim until you miss an interval.

3, 3, 4, NB

Set of 100 yard swims with 3 allowed breaths of each of the first two lengths, 4 breaths allowed on the 3rd length, and a NO BREATHER on the last length. A ten second break may be taken before the last length.

Over/Under

100's broken as follows:

25 underwater 20 seconds rest

50 on the surface (2-3 breaths per length) 30 seconds rest

25 underwater 20 seconds rest