

**National Prep entrance workout for 9-11 year olds
(25 YARDS – 3800 yards / 90 minutes):**

Warm Up

300 drill/swim by 25
200 IM kick
100 pull – hyp 3

IM Pre-Set

8 x 25 IM order on :20 rest
(1-4 = drill, 5-8 = build)

IM Focus Set

10 x 100 IM swim on 1:45

Kick Pre-Set

8 x 25 free on :20 rest
(odds = drill, evens = kick)

Kick Focus Set

8 x 50 kick choice on 1:00

Free Pre-Set

8 x 25 free on :20 rest
(odds = drill, evens = build)

Free Focus Set

10 x 100 free swim on 1:35

Warm Down

200 ez

**National Prep entrance workout for 12-14 year olds
(25 YARDS – 4950 yards / 105 minutes):**

Warm Up

400 drill/swim by 25
300 IM kick
200 pull – hyp 3/5 by 25

IM Pre-Set

5 x 50 drill/build by 25 – IM order + choice on :20 rest

IM Focus Set

6 x 200 IM swim on 3:10

Kick Pre-Set

5 x 50 drill/kick by 25 – free on :20 rest

Kick Focus Set

6 x 100 kick choice on 1:55

Free Pre-Set

5 x 50 drill/build by 25 – free on :20 rest

Free Focus Set

12 x 100 free swim on 1:25

Warm Down

300 ez

**National entrance workout for 13 & over swimmers
(25 YARDS – 6400 yards / 120 minutes):**

Warm Up

500 drill/swim by 25
400 IM kick
300 pull – hyp 3/5 by 50

IM Pre-Set

4 x 75 drill/swim/build by 25 – IM order on :20 rest

IM Focus Set

8 x 200 IM swim on 2:50

Kick Pre-Set

4 x 75 drill/swim/kick by 25 – free on :20 rest

Kick Focus Set

9 x 100 kick choice on 1:45

Free Pre-Set

4 x 75 drill/swim/build – free on :20 rest

Free Focus Set

15 x 100 free swim on 1:15

Warm Down

400 ez