Sample sets with DragSox™

Patent Pending

Beginning

Kick:
3x (25 with DragSox
    25 fast, no gear
    25 easy)
    no rest between 25's
    1 min between rounds

Swim:
3x (25 with DragSox
    25 fast, no gear
    25 easy)
    no rest between 25's
    1 min between rounds

Kick Swim Combo:
4x (:20 vertical kick @ RI 0:10
    25 sprint swim @ RI 0:10)
    all with DragSox

Intermediate

Kick Swim Combo:
3-5x (25 kick DragSox @ RI 0:15
    50 kick, no gear @ RI 0:15
    75 swim with DragSox @ RI 0:15
    50 fast swim)
    2min between rounds

Kick Swim Combo:
2x (3x 25 kick with DragSox @ RI 0:20
    ~easy, medium, fast by 25~
    1x 25 fast kick, no gear
        ~once finished, go right into 25 easy~
    1X 25 easy @ 2min
    3x 25 freestyle swim with DragSox @ RI 0:20
        ~easy, medium, fast by 25~
    1x 25 max speed freestyle swim, no gear
        ~once finished, go right into 25 easy~
    1x 25 easy @ 2min)

Kick Pull Swim:
3x [3x (50 with DragSox
    25 fast, no gear
    25 easy)]
Round 1 Kick
Round 2 Pull
Round 3 Swim
    1 min between rounds

Advanced

Kick Swim Combo:
3x (2x 50 kick with DragSox RI 0:30
    2x 25 swim all out @1:00
    50 easy kick @1:30)

Kick Swim Combo:
2x (3x 200 100 kick, 100 swim @ RI 0:30)
    ~all with DragSox
    ~easy, medium, fast by 200~
    ~paddles are optional on 2nd and 3rd 200~
second round with fins

Swim:
3x (4x 50 swim with DragSox @ 1min
    2x 25 max speed freestyle, no gear @ RI 0:30)
    1min rest after each round

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