



Monday

Warm up - 1000

1 x 200 [3:15]
4 x 100 [1:45]
4 x 50 [1:05] stroke
4 x 50 [1:50] desc 1-4

Freestyle set - 1800

2x
1 x 300 [4:30] long & strong
2 x 150 [2:15] last 50 strong
3 x 100 [1:30] desc 1-3

Kick set - 500

2x
1 x 200 [4:30]
2 x 25 [1:30]

Sprint set - 600

4x
1 x 50 [1:05] easy
2 x 50 [1:05] sprint
[RD1/3 stroke, RD2/4 choice]

Warm down 4 x 50 1:00.

Total: 4100



Tuesday

Warm up - 1300

3 x 100 1:45
8 x 25 :45 choice
3 x 100 2:15 kick
8 x 25 :45 choice
3 x 100 1:30

Main set - 900

6 x 75 1:30
6 x 50 1:05
6 x 25 :30
[Each group: desc 1-3/4-6]
[All swims choice]

Sprint set - 600

2x
1 x 75 1:10 stroke
1 x 50 1:10 stroke
1 x 25 1:10 stroke
1 x 75 1:00 free
1 x 50 1:00 free
1 x 25 1:00 free
[All swims sprint]

Freestyle set - 1400

3 x 200 3:00 long & strong
3 x 200 2:45 neg split
1 x 200 best effort

Warm down 4 x 50 1:00

Total: 4400



Wednesday

Warm up - 1000

2x

1 x 200 3:15

1 x 150 2:45 50st/50fr/50st

2 x 100 1:30 - Choice of drills - fist drill, finger tip, one arm freestyle

1 x 50 1:00 choice

Kick set - 600

3x

1 x 100 2:15

2 X 25 :30 fast

1 x 50 1:15 build

Main set - 800

4x

2 x 25 :45 build

2 x 25 :45 sprint 20, then easy

1 x 100 2:00 fast.....800 yds

[All swims choice]

Freestyle set - 1800

4 x 75 1:15 desc 1-4

4 x 150 2:15 last 50 strong

4 x 75 1:05 desc 1-4

4 x 150 2:05 last 50 strong

Warm down 4 x 50 1:00

Total: 4200



Thursday

Warm up - 1100

4 x 100 1:45

4 x 100 1:45 alt. 25st/25fr

6 x 50 :50 desc 1-3/4-6

Kick set - 500

3 x 50 1:00

3 x 50 0:55

3 x 50 0:50

1 x 50 easy swim

Stroke set - 600

4x

3 x 25 :45 perfect stroke

1 x 75 1:30 stroke/IM strong

Sprint set - 1000

2X

4 x 50 1:30 fast

3 x 50 1:15 fast

2 x 50 1:00 fast

1 x 50 easy

[All swims choice]

Freestyle set - 1200

4x

1 x 225 3:25 long & strong

1 x 75 1:05 strong

[Desc by round]

Warm down.....4 x 50 1:00

Total: 4400



Friday - Distance work out

Warm up - 1000

1 x 200 [3:15]
4 x 100 [1:45]
4 x 50 [1:05] stroke
4 x 50 [:50] desc 1-4

Kick set - 1000

3x - **stroke/free/stroke**
1 x 200 [4:30]
2 x 25 fast [:30]

Main set - 2800

200 easy - 4:00
2x100 on 1:15 fast
300 easy - 6:00
3x100 on 1:15 fast
400 easy - 8:00
4x100 on 1:15 fast
500 easy - 10:00
5x100 on 1.15 fast

Warm down 200

4 x 50 1:00

Total: 4800