



Monday

Warm up - 1000

2x

1 x 200 3:30

6 x 50 1:10 choice

Main set - 1200

3x

2 x 50 1:05 kick desc 1-2

2 x 50 1:00 stroke desc 1-2

2 x 50 1:05 kick desc 1-2

2 x 50 0:50 free/choice desc 1-2

Free/pull set - 1600

8 x 50 1:00 pace

4 x 100 1:30 desc 1-4

2 x 200 3:00 neg split

1 x 400 long & strong

Warm down

4 x 50 1:00

TOTAL 4000



Tuesday

Warm up.....1100

1 x 200 3:00
2 x 150 2:15
3 x 100 1:30
4 x 75 1:20 choice

Kick set.....400 fins

4x
1 x 50 1:15 mod
2 x 25 :40

Stroke set.....600 fins for all but breaststroke

4x
3 x 25 :40 drill
1 x 75 1:20
[RD1 fly, RD2 back, RD3 brst, RD4 choice]
[Fly drill: fly arms w/flutter kick]
[Back drill: double-arm]
[:Brst drill: 2 kicks, 1 pull breathe on pull only]
[Free drill: right arm x 25, left arm x 25]

Freestyle set.....2250

[desc each group of 3]

3 x 100 1:30
3 x 100 1:25
3 x 100 1:20
1 x 100 2:00 easy
3 x 75 1:05
3 x 75 1:00
3 x 75 0:55
1 x 75 2:00 easy
3 x 50 :50
3 x 50 :45
3 x 50 :40
1 x 50 easy

Warm down

4 x 50 1:00

Total: 4550



Wednesday

Warm up - 1100

1 x 300 4:30

4 x 75 1:15

8 x 25 :40 stroke

3 x 100 1:30

Kick set - 400

8 x 50 1:15 alt 1mod/1fast

Main set - 900

12 x 50 1:05 alt 2stroke/1free

12 x 25 :40 alt 2stroke/1free

[Stroke swims are IM order, #1 perfect stroke, #2 strong]

Freestyle/pull set - 1800

2 x 300 4:30 long & strong

4 x 75 1:05 neg split

2 x 200 3:00 long & strong

4 x 50 :45 desc 1-4

2 x 100 1:30 strong

4 x 25 :30 fast

Warm down

4 x 50 1:00

Total: 4400



Thursday

Warm up - 1200

4 x 75 1:15

3 x 100 2:00 alt 25st/25fr

4 x 75 1:15

3 x 100 1:30

Kick set - 300

1 x 150 3:30

1:00 [vertical kick]

1 x 100 2:15

1:00 [vertical kick]

1 x 50 1:15

1:00 [vertical kick]

Sprint set - 1000

2x

1 x 25 :45 easy

1 x 25 :45 sprint

1 x 50 1:15 easy

1 x 50 1:15 sprint

1 x 75 1:30 easy

1 x 75 1:30 sprint

1 x 100 2:00 easy

1 x 100 2:00 sprint

[All swims choice]

Freestyle set - 1800

4x

1 x 150 2:15 mod

1 x 150 2:15 build

1 x 150 2:15 best effort

Warm down

4 x 50 1:00

Total: 4500



Friday

Warm up

3 x 100 1:45
4 x 75 1:30 IM/stroke
3 x 100 1:30
4 x 25 :30 strong

Kick set

1 x 200 4:30
8 x 25 :40 fast

Stroke set

3x
3 x 25 :40
1 x 125 2:20 IM
[RD1 fly, RD2 back, RD3 brst]

Sprint set

20 x 25 :30
[Alt 1 easy, 3 fast, all choice]

Freestyle/pull set

20 x 100 1:30
[Alt 1 easy/3 strong]

Warm down

4 x 50 1:00

Total: 4700