



Monday

Warm up - 1050

6 x 75 1:15 450
4 x 75 1:30 IM/stroke
4 x 75 1:10 desc 1-4

Stroke set - 750

3x
1 x 50 1:10
1 x 200 3:30 IM
[50s: RD1 fly, RD2 back, RD3 brst]

Kick set - 500

1 x 200 4:30
3 x 50 1:15 desc 1-3
6 x 25 :45 fast

Freestyle/pull set - 1600

4x
1 x 200 3:00 long & strong
1 x 125 1:50 neg split
1 x 75 1:10 strong

Sprint set - 450

3x
3 x 25 :40 desc 1-3
1 x 75 1:20 fast
[All swims choice]

Warm down - 200

4 x 50 1:00

Total: 4550



Tuesday

Warm up - 1000

1 x 200 3:15
4 x 50 1:05 stroke
2 x 100 1:30
4 x 50 :50 desc 1-4
8 x 25 :30 strong

Kick set - 400

2x
1 x 100 2:15
1:00 vertical kick
4 x 25 :45 fast

Stroke set - 1200

2x
4 x 25 :40 IM order
4 x 50 1:05 IM order
4 x 75 1:30 IM

Freestyle/pull set - 1500

3x
3 x 100 1:30 neg split
2 x 75 1:05 desc 1-2
1 x 50 :50 strong

Warm down - 200

4 x 50 1:00

Total: 4300



Wednesday

Warm up - 900

2 x 150 2:30

6 x 50 1:00 choice

3 x 100 1:30

Kick set - 300

3 x 100 2:15 desc 1-3

Main set - 1000

2x

1 x 100 2:00

2 x 75 1:30

3 x 50 1:15

4 x 25 :45

[RD1 75s & 25s stroke strong, RD2 100 & 50s choice strong]

Freestyle set - 1800

4 x 200 3:00 long & strong

4 x 150 2:15 last 50 strong

4 x 100 1:30 desc 1-4

Warm down - 200

4 x 50 1:00

Total: 4200



Thursday

Warm up - 900

2 x 150 [2:30]

3 x 100 [1:45] 25 drill/75 swim

6 x 50 [1:05] stroke

Kick set - 900

3x

4 x 50 [1:15] 25easy/25fast

1 x 100 [2:00] swim moderate w/strong focus on kick

Stroke set - 800 yds

4x

1 x 50 [1:15] drill

2 x 50 [1:15] 25fast/25easy

1 x 50 [1:15] fast

[RD1 fly, RD2 back, RD3 brst, RD4 choice]

[Fly drill: 2 fly / 2 breaststroke]

[Back drill: double-arm]

[Brst drill: brst arms w/flutter kick]

Freestyle set - 1800 yds

1 x 200 [3:00] long & strong

2 x 100 [1:30]

4 x 50 [:50]

1 x 200 [2:50] neg split

2 x 100 [1:25]

4 x 50 [:50]

1 x 200 [2:40] neg split

2 x 100 [1:20]

4 x 50 [:50]

Warm down - 200 yds

4 x 50 1:00

Total: 4600



Distance Friday

WARM-UP 1200

2 X 200 (150 freestyle, 50 stroke) 3:15

4 x 100 Swim @ 1:45

- 2 – Freestyle breathing 3/5/7 by 50.
- 2 – Freestyle/Head-up/Freestyle
- 2 – Freestyle/Fly/Freestyle
- 2 – Freestyle/Back/Freestyle

8 x 50 @1:00

- 2 – Drill
- 2 – Stroke count
- 2 – Drill
- 2 – Build to FAST

Freestyle Set 2400

24 x 100 Freestyle swim @1:40

- 8 – Moderate
- 8 – Build
- 8 – Fast

RECOVERY - 1000

2 rounds through–

- 3×100 Freestyle swim @1:30
- 4×50 Freestyle swim @:45

DRILL WORK - 800

(With fins.)

3×200 (Kick/swim by 50) @ 3:15

- 4×50 Swim w. fins [25 fast, 25 easy] @1:00

WARM-DOWN - 200

- 4 x 50

TOTAL 5600