



Monday

Warm up.....1000 yds

1 x 200 3:15

3 x 100 1:45

6 x 50 1:05 stroke

8 x 25 :30 strong

Kick set.....600 yds

1 x 200 4:30

2 x 100 2:15

8 x 25 :45 fast

Stroke/IM set.....900 yds

3x

4 x 25 :40 IM order perfect stroke

1 x 50 1:05 25fly/25back

1 x 50 1:05 25brst/25free

1 x 100 2:00 IM

Freestyle/pull.....1500 yds

6 x 100 1:30 desc 1-3/4-6

6 x 75 1:05 desc 1-3/4-6

6 x 50 :45 desc 1-3/4-6

6 x 25 :30 desc 1-3/4-6

Warm down

4 x 50 1:00

Total: 4200



Tuesday

March 26th.....4500 yds

Warm up.....1000 yds

3 x 100 1:45

4 x 50 1:05 stroke

3 x 100 1:30

8 x 25 :30 choice

Kick set.....600 yds

1 x 200 4:30 kick

4 x 50 1:15 kick

1 x 100 2:15 kick

4 x 25 :45 kick fast

IM set.....900 yds

4 x 50 1:00 IM order

2 x 200 3:30 IM

4 x 25 :45 IM order

2 x 100 1:45 IM

Freestyle/pull.....1800 yds

1 x 300 4:30 long & strong

2 x 150 2:15 neg split

3 x 100 1:30 last 25 strong

4 x 75 1:05 desc 1-4

6 x 50 :45 be consistent

12 x 25 :30 strong

Warm down.....200 yds

4 x 50 1:00

Total: 4500



Wednesday

Warm up

1 x 200 3:30 [3:15]

3 x 100 2:00 [1:45]

4 x 50 1:15 [1:05] stroke

3 x 100 1:45 [1:30] desc 1-3

Kick set

2X

1 x 200 right into

Vertical kick

2 x 50 1:30 [1:15] fast

Sprint set

2 x 50 :45 [:40] sprint

1 x 50 1:10 [1:00] easy

3 x 50 :50 [:45] sprint

1 x 50 1:10 [1:00] easy

4 x 50 :55 [:50] sprint

1 x 50 easy

[All swims choice]

Freestyle set

3 x 150 2:30 [2:15]

3 x 100 1:40 [1:30]

3 x 50 1:00 [:55]

3 x 50 :50 [:50]

3 x 100 1:35 [1:25]

3 x 150 2:15 [2:05]

[Desc each group 1-3]

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

Total 4200



Thursday

March 28th.....4450 yds

Warm up...1100 yds

2 x 200 3:15

8 x 25 :40 stroke

3 x 100 1:30

4 x 50 :50 desc 1-4

Kick set.....500 yds

1 x 200 4:30

3 x 100 2:15 desc 1-3

Sprint.....850 yds

1 x 200 4:00 fast broken 10secs at 100

3 x 100 2:00 fast broken 5secs at 50

5 x 50 1:00 #1 fast, 2 easy, 3 fast, 4 easy, 5 fast

4 x 25 :30 all fast

[All swims IM or stroke]

Freestyle/pull set.....1800 yds

8 x 100 1:30 desc 1-4/5-8

8 x 75 1:05 neg split

8 x 50 :45 strong

Warm down.....200 yds

4 x 50 1:00

Total: 4450



Friday

Warm up

1 x 200 3:15

2 x 150 2:30

4 x 75 1:30 IM/stroke

8 x 25 :30 strong.....**1000 yds**

Kick set

4x

1 x 100 2:15 mod

2 x 25 :45 fast.....**600 yds**

Sprint set

2 x 75 1:45

2 x 75 1:30

2 x 75 1:15

1 x 50 1:15 easy

3 x 50 1:15

3 x 50 1:00

3 x 50 :45

1 x 50 1:15 easy

4 x 25 :40

4 x 25 :30

4 x 25 :20.....**1300 yds**

[All swims fast and choice]

Freestyle set

2 x 200 3:00 neg split

4 x 100 1:30 desc 1-4

2 x 150 2:15 last 50 strong

4 x 75 1:05 all strong.....**1400 yds**

IF needed

16 x 25 :30 in IM order by 4....1:00 in between each 4

Warm down

4 x 50 1:00

Total: 4500