



Monday

Warm up 1200m

3 x 100 2:00 [1:45]

6 x 50 1:15 [1:15] stroke

3 x 100 1:45 [1:30]

6 x 50 1:00 [1:00] choice

Kick set 500m

5 x 100 2:30 [2:15] last 25 fast

Sprint set 800m

4x

1 x 100 2:15 [2:00] easy

1 x 100 2:15 [2:00] fast

[RD1 IM, RD2 best stroke, RD3 stroke choice, RD4 free]

Freestyle/pull set 1400m

4x

1 x 200 3:20 [3:00] long & strong

1 x 50 1:00 [1:00]

1 x 50 :50 [:50]

1 x 50 :40 [:40]

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

Total: 4100



Tuesday

Warm up 1100m

1 x 300 5:15 [4:45]
2 x 150 3:15 [3:00] 75IM/75free
3 x 100 1:45 [1:30]
4 x 50 1:00 [1:00] up tempo

Kick set 600m

3 x 100 2:30 [2:15]
6 x 50 1:20 [1:15] desc 1-3/4-6

Main set 1000m

5x

1 x 50 1:15 [1:15] easy free
1 x 50 1:15 [1:15] drill
1 x 100 2:15 [2:15] fast
[RD1 fly, RD2 back, RD3 brst, RD4 free, RD5 IM]
[Fly drill: hands/arms underwater recovery...similar to breaststroke pullout]
[Back drill: double-arm swim]
[Brst drill: 2 kicks, 1 pull, breathe only during arm cycle]
[Free drill: catch-up]

Freestyle/pull set 1200m

1 x 300 4:30 [4:15] long & strong
3 x 100 1:45 [1:30] desc 1-3
6 x 50 :55 [:50] desc 1-3/4-6
6 x 50 :45 [:40] desc 1-3/4-6

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

Total: 4100



Wednesday

Warm up - 1000m

4 x 150 2:45

4 x 50 1:15 stroke

4 x 50 1:00 desc

Main set - 1600m

4x

1 x 100 2:30 [2:15] [1:45] 25fast/75easy

1 x 100 2:30 [2:15] [1:45] 50fast/50easy

1 x 100 2:30 [2:15] [1:45] 75fast/25easy

1 x 100 2:30 [2:15] [1:45] fast

[RD1 kick, RD2/3 stroke/IM, RD4 free, intervals left to right by round]

Free/pull set - 1200m

16 x 50 1:00 pace

1 x 400 strong

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

Total: 4000



Thursday

Warm up - 1200m

2 x 200 3:45 [3:30]

4 x 100 2:15 [2:00] IM

4 x 100 1:45 [1:30]

Main set - 1800m

4 x 50 1:20 [1:15] kick

4 x 50 1:15 [1:10] kick

4 x 50 1:10 [1:05] kick

:30 rest

4 x 50 1:15 [1:15] breast

4 x 50 1:05 [1:00] back

4 x 50 1:00 [:55] fly

:30 rest

4 x 50 1:00 [1:00] free

4 x 50 :50 [:50] free

4 x 50 :40 [:40] free

Free/pull set - 1200m

1 x 400 6:20 [6:00] long & strong

2 x 200 3:10 [2:45] neg split

4 x 100 1:35 [1:20] desc

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

Total: 4400



Friday

Warm up - 1200m

3 x 100 2:00

3 x 100 2:00 50fist drill/50swim

3 x 100 2:00 50st/50fr

3 x 100 1:45 desc 1-3

Kick set - 500m

1 x 200 5:00

6 x 50 1:20 desc 1-3/4-6

Stroke/IM set - 800m

4x

2 x 50 1:15 stroke choice drill

1 x 100 2:15 IM

[Fly drill: 3 right, 3 left, 3 both]

[Back drill: double-arm]

[Brst drill: 2 kicks, 1 pull, breathe on pull only]

Free/pull set - 1500m

3 x 150 2:30 long & strong

3 x 150 2:20 desc 1-3

3 x 150 2:15 neg split

1 x 150 best effort

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

Total: 4200



Saturday

Warm up - 1200m

1 x 200 3:45

6 x 50 1:15 25catch-up/25swim

1 x 200 3:30

6 x 50 1:15 stroke 2 of each

1 x 200 3:30

Kick set - 400m

8 x 50 1:20 kick, 25fast/25easy

Main set - 1200m

12 x 50 1:20 stroke, alt 2 fast/ 1 easy

12 x 50 1:10 free, alt 2 fast/ 1 easy

Free/pull set - 1000m

3 x 100 1:40 long & strong

3 x 100 1:35 last 25 strong

3 x 100 1:30 desc 1-3

:30 rest

1 x 100 best effort

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

Total: 4000