



Monday

Warm up.....1200m

1 x 300 5:00 [4:30]
2 x 150 2:30 [2:15]
3 x 100 1:45 [1:30]
6 x 50 1:15 [1:05] stroke

Kick set.....400m

1 x 200 5:00 [4:30]
1:00 [vertical kick]
2 x 100 2:30 [2:15]
1:00 [vertical kick]

Main set.....3x.....900m

1 x 50 1:15 [1:15]
1 x 100 2:15 [2:00]
1 x 100 2:15 [2:00]
1 x 50 1:15 [1:15]
[RD1/3 both 100s fast, RD2 both 50s fast]
[All other swims easy w/good technique]
[All swims choice]

Freestyle set.....1400m

1 x 400 6:40 [6:00] long & strong
1 x 200 3:20 [3:00] neg split
1 x 100 1:40 [1:30] build
1 x 100 1:40 [1:30] build
1 x 200 3:20 [3:00] neg split
1 x 400 6:40 [6:00] long & strong

Warm down

4 x 50 1:00

Total: 4100



Tuesday

Warm up.....1600m

2 x 200 3:30 [3:15]

4 x 50 1:00 1:00 choice

4 x 100 2:30 [2:15] kick

4 x 50 1:15 1:05 stroke

4 x 100 1:45 [1:30]

Main set.....4x.....800m

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

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

1 x 50 1:15 [1:15] easy

[RD1/3 stroke, RD2/4 choice]

Freestyle set.....1600m

2 x 50 1:00 [1:00] mod

2 x 100 1:40 [1:30] desc

2 x 150 2:30 [2:15] neg split

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

2 x 150 2:20 [2:05] neg split

2 x 100 1:30 [1:20] desc

2 x 50 :50 [:45] strong

Warm down

4 x 50 1:00

Total: 4200



Wednesday

Warm up.....1000m

2 x 150 2:45 [2:30]

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

3 x 100 1:45 [1:30]

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

Kick set.....400m

4x

1 x 100 2:30 [2:15]

1:00 [vertical kick]

Freestyle set.....1800m

6 x 150 2:30 [2:15] desc 1-3/4-6

6 x 100 1:40 [1:30] desc 1-3/4-6

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

Main set.....600m

4x

1 x 50 1:15 [1:15] easy

1 x 50 1:15 [1:15] build

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

[RD1/3 stroke, RD2/4 choice]

Warm down

4 x 50 1:00

Total: 4000



Thursday

Warm up - 1200m

1 x 200 3:30 [3:15]
2 x 100 2:00 [1:45]
4 x 50 1:15 [1:05] stroke
4 x 50 1:00 [1:00]
2 x 100 1:45 [1:30]
1 x 200 3:30 [3:00]

Kick set - 400m

1 x 200 5:00 [4:30]
1:00 [vertical kick]
1 x 100 2:30 [2:15]
1:00 [vertical kick]
2 x 50 1:30 [1:15] fast

Main set - 700m

2 x 50 :50 [:45]
3 x 50 :55 [:50]
4 x 50 1:00 [:55]
5 x 50 1:05 [1:00]
[All swims choice]

Freestyle set - 1600m

2 x 400 6:40 [6:00]
4 x 200 3:20 [3:00]

Warm down

4 x 50 1:00

Total: 4100



Friday

Warm up - 1400m

2 x 150 2:45 [2:30]

6 x 50 1:00 [1:00]

2 x 100 2:30 [2:15] kick

3 x 100 1:45 [1:30]

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

Main set - 800m

2x

1 x 100 2:15 [2:00] 25stroke/75free

1 x 100 2:15 [2:00] 50stroke/50free

1 x 100 2:15 [2:00] 75stroke/25free

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

Kick set - 200m

4x

1 x 50 1:20 [1:15]

1:00 [vertical kick]

Freestyle set - 1400m

1 x 100 1:40 [1:30] mod

1 x 200 3:20 [3:00] neg split

1 x 400 6:40 [6:00] long & strong

1 x 400 6:20 [5:30] long & strong

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

1 x 100 best effort

Warm down

4 x 50 1:00

Total: 4000



Saturday

Warm up - 900m

3 x 100 2:00 [1:45]

2 x 150 3:00 [2:30] 50st/50fr/50st

6 x 50 1:00 [:50] desc 1-3/4-6

Kick set - 400m

2x

2 x 50 1:20 [1:15] mod

1:00 [vertical kick]

2 x 50 1:20 [1:15] fast

Main set - 1200m

2x

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

1 x 100 2:00 [1:45] fast

1 x 100 2:00 [1:45] mod

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

[All swims choice]

Freestyle set - 1200m

3x

1 x 200 3:20 [3:00] pull, neg split

4 x 50 1:00 [:50] strong, no gear

Warm down

4 x 50 1:00

Total: 3900