



Monday

Warm up

2 x 200 3:30 [3:15]

3 x 100 1:45 [1:30]

4 x 50 1:15 [1:00] choice

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

Main set

3x

3 x 100 2:00 [1:45]

[#1 free, #2 stroke, #3 IM]

[Descend by rounds]

Kick set

3x

1:00 [vertical kick]

1 x 100 swim w/good kick

Freestyle set

4 x 100 1:40 [1:30] desc 1-4

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

2 x 300 5:00 [4:30] strong & consistent

Warm down

4 x 50 1:00

Total: 4100



Tuesday

Warm up - 900m

2 x 200 3:30 [3:15]

3 x 100 1:45 [1:30]

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

Kick set - 400m

2 x 200 5:00 [4:30]

Stroke set - 600m

12 x 50 1:15 [1:05] alt 1free/2stroke

[Stroke swims: #1 build, #2 strong]

Freestyle set - 2300m

1 x 500 8:20 [7:30]

1 x 400 6:40 [6:00]

1 x 300 5:00 [4:30]

1 x 200 3:20 [3:00]

1 x 100 1:40 [1:30]

1:00 break

1 x 250 4:10 [3:45]

1 x 200 3:20 [3:00]

1 x 150 2:30 [2:15]

1 x 100 1:40 [1:30]

1 x 50

[Even pace on all swims & hold pace throughout set]

1 x 50 easy

Warm down

4 x 50 1:00

Total: 4400



Wednesday

Warm up - 1000m

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

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

Kick set - 500m

1 x 200 5:00 [4:30]

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

Main set - 600m

8 x 50 1:15 [1:15] alt. 1easy/1strong

1:00 break

2 x 100 3:00 sprint

Freestyle set - 1800m

3 x 200 3:20 [3:00]

3 x 200 3:15 [2:55]

3 x 200 3:10 [2:50]

[Desc each group 1-3]

Warm down

4 x 50 1:00

Total: 4100



Thursday

Warm up 1200

2 x 150 2:45 [2:30]

3 x 100 2:00 [1:45] 50st/50fr

1 x 300 7:15 [6:30] kick

3 x 50 1:15 [1:05] IM order

3 x 50 1:00 [:50] desc 1-3

Stroke set 600

3x

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

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

1 x 100 2:15 [2:00] strong [stroke or IM]

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

[Back drill: right arm only x 25, left arm x 25]

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

Freestyle set 1400

2x

1 x 400 6:30 [6:00] pull

6 x 50 :55 [:50] desc 1-3/4-6 no gear

Sprint set 600

3x

1 x 50 1:00

1 x 50 :55

1 x 50 :50

1 x 50 :45

[Goal: swim all 50s at the effort it takes to make the one on :45]

Warm down

4 x 50 1:00

Total: 4200



Friday

Warm up 900

2x

1 X 250 4:15 4:15

4 X 100 1:45 1:40

Kick 500

1 X 500 kick

Stroke Set 1000

5 X 200 4:15

Swim 2X100 IM. Negative split the 200

Freestyle Set 1700

17 X 100 free 2:00

#3-6-9-12-15 @ 85/90%

#16&17 easy swim down

Warm Down

4 x 50 1:00

Total

4500



Saturday

Warm up: 1000

-10x50 - 1:00

Freestyle Pull set - 1500

-1x200 - 3:00

-1x100 - 1:30

-2x150 - 2:15

-2x75 - 1:05

-3x100 - 1:30

-3 x 50 - :50

-4 x 50 - :50

-4 x 25 - :30

2 Freestyle set - 3300

33 x 100 using three separate intervals.

- 100-100-100 on 1:40 / 1:35 / 1:30
- 100-100-2x100 on 1:40 / 1:35 / 2 x 1:30
- 100-100-3x100 on 1:40 / 1:35 / 3 x 1:30
- 100-100-4x100 on 1:40 / 1:35 / 4 x 1:30
- 100-100-5x100 on 1:40 / 1:35 / 5 x 1:30
- 100-100-6x100 on 1:40 / 1:35 / 6 x 1:30

Total: 5300m