



**Monday**

**Warm up 1100**

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 900**

3x

3 x 100 2:00 [1:45]

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

[Descend by rounds]

**Kick set 300**

3x

1:00 [vertical kick]

1 x 100 swim w/good kick

**Freestyle set 1600**

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 1100**

4 x 100 1:45

4 x 100 1:45 IM/stroke

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

**Kick set 500**

3 x 50 1:15

3 x 50 1:10

3 x 50 1:05

1 x 50 easy swim

**Sprint set 500**

4 x 50 2:00 90+% effort

3 x 50 1:30 90+% effort

2 x 50 1:00 90+% effort

1 x 50 easy

[All swims choice]

**Freestyle set 1200**

4x

1 x 225 3:25 long & strong

1 x 75 1:05 strong

**Stroke/IM set 800**

4x

1 x 75 1:40 drill

1 x 125 2:20 IM

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

[Fly drill: fly arms w/flutter kick]

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

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

[Free drill: right arm x 25, left arm x 25]

**Warm down**

4 x 50 1:00

**Total: 4300**



### **Wednesday**

#### **Warm up 1100**

4 x 150 2:45 [2:30]

6 x 50 1:15 [1:05] stroke 2 of each

4 x 50 1:00 [:50] desc 1-4

#### **Freestyle set 1500**

2 x 400 6:30 [5:45] long & strong

2 x 200 3:10 [3:00] neg split

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

2 x 50 :50 [:45] strong

#### **Kick set 300**

3x

1 x 50 1:30 [1:15] 25easy/25fast

1 x 50 1:30 [1:15] 25fast/25easy

1:00 [vertical kick]

#### **Main set 900**

3x

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

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

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

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

[Fast swims: RD1 best stroke, no free, RD2-3 choice]

#### **Warm down**

4 x 50 1:00



## **Thursday**

### **Warm up 1300**

3 x 100 2:00

8 x 50 1:15 alt 2stroke/2free

3 x 100 2:30 kick

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

### **Main set 700**

1 x 50 1:05 easy

1 x 50 1:05 fast free

1 x 50 1:05 easy

2 x 50 1:05 fast breast

1 x 50 1:05 easy

3 x 50 1:05 fast back

1 x 50 1:05 easy

4 x 50 1:05 fast fly

### **Freestyle set 1500**

1 x 50 :50 mod

1 x 100 1:40 long & strong

1 x 150 2:30 last 50 strong

1 x 200 3:20 neg split

1 x 250 4:10 last 100 strong

1 x 250 3:45 last 100 strong

1 x 200 3:00 neg split

1 x 150 2:15 last 50 strong

1 x 100 1:30 build

1 x 50 :45 strong

### **Kick set 400**

1 x 50 1:30

1:00 [vertical kick]

1 x 100 2:30

1:00 [vertical kick]

1 x 200 5:00

1:00 [vertical kick]

1 x 50 easy kick

### **Warm down**

4 x 50 1:00

**Total: 4100**



## **Friday**

### **Warm up 1000**

1 x 200 3:30 [3:15]

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

6 x 50 1:05 [1:00] 25fast/25easy choice

1 x 200 5:00 [4:30] kick

### **Sprint set 500**

6 x 50 1:20 [1:10] Alt 1easy/1fast choice

1:00 rest

2 x 100 4:00 choice sprint broken at the 50 for 5secs

### **Main set 900**

3x

1 x 100 1:45 [1:45] free

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

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

[RD1 kick is strong, RD2 stroke is strong, RD3 free is strong]

### **Freestyle set 1400 or 800**

7 x 200 3:10 [3:00] neg split [#7 no gear]

-OR-

16 x 50 1:05 [1:00] alt 1easy/2fast no gear

### **Warm down**

4 x 50 1:00

**Total: 4000**



## **Saturday**

### **Warm up 1000**

2 x 150 3:00 [2:30]

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

8 x 50 1:00 [:50] desc 1-4/5-8

### **Kick set 300**

3x

1 x 50 1:20 [1:15]

1:00 vertical kick

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

### **Freestyle/pull set 1800**

4 x 100 1:40 [1:30] long & strong

4 x 50 :55 [:50] be consistent

4 x 100 1:35 [1:25] neg split

4 x 50 :50 [:45] desc 1-4

4 x 100 1:30 [1:20] strong

4 x 50 :45 [:40] strong

### **IM set 800**

2x

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

1 x 50 1:15 [1:05] easy free

1 x 200 3:45 [3:15] IM strong

### **Warm down**

4 x 50 1:00

**Total: 4100**