



**Monday**

**Warm up ..... 1400**

1 x 200 3:30 [3:15]  
2 x 100 2:00 [1:45]  
4 x 50 1:15 [1:15] stroke  
8 x 25 :45 [:30] strong  
2 x 200 5:00 [4:30] kick

**Main set.....600**

3x  
1 x 50 1:30 [1:15] easy  
2 x 25 :45 [:45] fast  
2 x 25 :45 [:45] easy  
1 x 50 1:30 [1:15] fast  
[All swims choice]

**Freestyle set.....1500**

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]  
[All swims: last 100 strong]

**Warm down**

4 x 50 1:00

Total: 3700



## **Tuesday**

### **Warm up.....1400**

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.....800**

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.....200**

4x

1 x 50 1:20 [1:15]

1:00 [vertical kick]

### **Freestyle set.....1400**

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



### **Wednesday**

#### **Warm up.....1200**

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

#### **Main set.....900**

3x

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....1400**

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

#### **Kick set.....400**

1 x 200 5:00 [4:30]

1:00 [vertical kick]

2 x 100 2:30 [2:15]

1:00 [vertical kick]

#### **Warm down**

4 x 50 1:00

Total: 4100



## **Thursday**

### **Warm up.....1000**

1 x 200 3:30 [3:15]

3 x 100 2:00 [1:45]

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

3 x 100 1:45 [1:30]

### **Freestyle set.....1400**

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

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

2 x 150 2:30 [2:15] last 50 strong

3 x 100 1:40 [1:30] desc 1-3

### **Main set.....800**

4x

2 x 50 1:15 [1:15] #1 drill, #2 perfect stroke

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

[RD1/3 stroke, RD2/4 choice]

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

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

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

[Free drill: fist drill]

### **Kick set.....700**

3 x 100 2:30 [2:15]

1:00 [vertical kick]

2 x 100 2:30 [2:15]

1:00 [vertical kick]

2 x 100 2:30 [2:15]

### **Warm down**

4 x 50 1:00

Total: 4100



## **Friday**

### **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]

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

### **Kick set...400m**

2x

1 x 100 2:30 [2:15]

1:00 [vertical kick]

1 x 100 2:30 [2:15]

### **Freestyle/pull set.....1800m**

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

3 x 100 1:40 [1:30] desc 1-3

4 x 50 1:00 [1:00] be consistent

4 x 50 :50 [:45] be consistent

3 x 100 1:30 [1:25] desc 1-3

2 x 200 3:00 [2:45] neg split

### **Sprint set.....700m**

4 x 100 2:00 [1:45] alt 1easy/1fast

6 x 50 1:15 [1:00] alt 1easy/1fast

[All swims are choice]

### **Warm down**

4 x 50 1:00

Total: 4100



## **Saturday**

### **Warm up**

2 x 150 3:00 [2:30]

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

3 x 100 1:45 [1:30]

### **Kick set**

2x

1 x 50 1:30 [1:15]

1:00 [vertical kick]

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

### **Stroke set**

3x

1 x 50 1:15 [1:05]

1 x 150 3:00 [2:45] IM

[50s: RD1 fly, RD2 back, RD3 brst]

### **Freestyle/pull set** 2x

4 x 150 2:30 [2:15] last 50 strong

1 x 150 2:45 [2:30] best effort

### **Sprint set**

4x

1 x 50 1:15 [1:00] 25easy/25fast

1 x 50 1:15 [1:00] 25fast/25easy

1 x 50 1:15 [1:00] fast

[All swims are choice]

### **Warm down**

4 x 50 1:00

Total: 4000