



Monday

Warm up

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

3x

1 x 50 1:20 [1:15]

1:00 vertical kick

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

Freestyle/pull set

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

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



Tuesday

Warm up

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

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

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

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



Wednesday

Warm up

1 x 200 3:30 [3:15]

6 x 50 1:10 [1:05] 25fist drill/25swim

2 x 100 1:45 [1:30]

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

Main set

6x

1 x 50 1:20 [1:15] 20m fast/30m easy

1 x 50 1:20 [1:15] 30m fast/20m easy

1 x 50 1:20 [1:15] 40m fast/10m easy

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

[RD1/4 kick, RD2/5 stroke, RD3/6 choice]

Freestyle set

2x

6 x 100 1:45 [1:30] consistent pace

2 x 100 1:45 [1:30] best effort

Warm down

4 x 50 1:00

Total: 4000



Thursday

Warm up

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

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

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

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



Friday

Warm up

2 x 150 3:00 [2:30]

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

3 x 100 1:45 [1:30]

Kick set

2 x 150 3:45

4 x 50 1:20 fast

Main set

4x

1 x 50 1:15 [1:05] 25easy/25fast

1 x 50 1:15 [1:05] 25fast/25easy

1 x 50 1:15 [1:05] build

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

[RD1 best stroke, no free, RD2-4 choice]

Freestyle/pull set

3 x 150 2:20 [2:15] long & strong

3 x 150 2:25 [2:10]

3 x 150 2:20 [2:05]

1 x 150 best effort

Warm down

4 x 50 1:00

Total: 4000



Saturday

Warm up

1 x 200 3:30 [3:15]

6 x 50 1:10 [1:05] 25fist drill/25swim

2 x 100 1:45 [1:30]

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

Main set

6x

1 x 50 1:20 [1:15] 20m fast/30m easy

1 x 50 1:20 [1:15] 30m fast/20m easy

1 x 50 1:20 [1:15] 40m fast/10m easy

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

[RD1/4 kick, RD2/5 stroke, RD3/6 choice]

Freestyle set

2x

6 x 100 1:45 [1:30] consistent pace

2 x 100 1:45 [1:30] best effort

Warm down

4 x 50 1:00

Total: 4000

