

Key Health Benefits of Oatmeal.....Oatmeal is one of the most versatile breakfast options out there, whether you want something healthy and filling to tide you over before a busy work morning, [or good-for-you carbs to fuel a hard workout](#). However, it's important to focus on maintaining its nutritional profile by avoiding added sugars. "The key thing to look out for [if you want to prioritize nutritional value] is the flavored versions because they can be high in sugar," says Brigitte Zeitlin, MPH, RD, CDN, a New York City-based registered dietitian and founder of BZ Nutrition. If prepared accordingly, oatmeal can provide several health benefits.

Oatmeal is full of fiber.....Oatmeal is packed with fiber, a major benefit because it can help to ease gut problems if you're dealing with constipation and other gastro-intestinal issues, and experiencing troubling trips to the bathroom, says Lauren Minchen, MPH, RDN, CDN, nutrition consultant for Freshbit, an AI-driven visual diet diary app. You can get about 4 grams of this essential fiber from a serving of oatmeal, she says. "Because oats offer both soluble and insoluble fiber, eating them will help bulk up the weight and size of your stool, making it easier to pass," says Amy Gorin, RDN, a plant-based registered dietitian and owner of Plant-Based Eats in Stamford, Conn.

Monday

Warm up - 1050 yds

2 x 200 3:15

4 x 50 1:15 stroke

4 x 75 1:15

6 x 25 :30 strong

Kick set - 400 yds

2x

1:00 [vertical kick]

1 x 100 2:15

4 x 25 :45 fast

Main set - 1050 yds

6 x 100 2:00 alt. 1easy/1fast

6 x 50 1:15 alt. 1easy/2fast

6 x 25 :45 all fast

[All swims choice]

Freestyle set - 1600 yds

2x

1 x 400 6:00 long & strong

4 x 100 1:30 desc 1-4

Warm down - 200 yds

4 x 50 1:00

Total:4300

Tuesday

Warm up - 1400

2X

1 X 200 RD1 3:20 RD2 3:00

2 X 150 RD1 2:20 RD2 2:15

4 X 50 :50 :45

Stroke set - 400

16 X 25 :30

Kick set - 600

4 X 150 kick 3:20 Middle 50 fast

Stroke/IM set - 1000

2X

3 X 100 1:50 100's are stroke or IM.

4 X 50 1:05 50's are choice stroke, no free

Sprint Set - choice - 1200

3X

1 X 100 easy 2:00

2 X 50 build 1:00

8 X 25 fast :40....1-4: Sprint 20 yards, no breath. 5-8: Sprint 25

Warm down- 200

4 X 50 easy 1:00

Total 4800

Wednesday

Warm up - 1000

2 x 100 1:45

6 x 25 :45 choice

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

6 x 25 :45 choice

2 x 100 1:30

Kick set - 400

4 x 75 1:45

1:00 [vertical kick]

4 x 25 :45 fast

1:00 [vertical kick]

Freestyle set - 1800

4x

1 x 250 3:45 long & strong

1 x 150 2:15 neg split

1 x 50 1:00 strong

Sprint set - 900

12 x 75 1:30 choice alt. 1easy/2fast

Warm down - 200

4 x 50 1:00

Total: 4300

Thursday

Warm up - 1200

- 1 x 200 3:15
- 4 x 50 1:15 Finger tip drill and thumb drill
- 2 x 150 3:15 kick on your side
- 4 x 50 1:15 Finger tip drill and thumb drill
- 3 x 100 1:30.....1200 yds

Main set - 1300

- 2x
- 1 x 25 :45 easy
- 4 x 25 :45 fast
- 1 x 25 :45 easy
- 2 x 50 1:15 fast, tight turns, streamline push off
- 1 x 25 :45 easy
- 1 x 100 2:00 fast, tight turns, streamline push off
- 1 x 25 :45 easy
- 2 x 50 1:15 fast, tight turns, streamline push off
- 1 x 25 :45 easy
- 4 x 25 :45 fast
- 1 x 25 :45 easy

[Fast swims: RD1 stroke, RD2 choice]

Freestyle set - 1600

- 1 x 50 :50 mod
- 2 x 75 1:05 last 25 strong
- 3 x 100 1:30 desc 1-3
- 4 x 150 2:10 last 50 strong
- 3 x 100 1:25 desc 1-3
- 2 x 75 1:05 last 25 strong
- 1 x 50 strong

Warm down - 200

- 4 x 50 1:00

Total: 4300

Friday

Warm up - 1200 yds

4 x 150 2:30

4 x 50 1:15 stroke

4 x 100 1:30

Kick set - 600 yds

4x

1 x 75 1:45

3 x 25 :45 fast

Sprint set - 1000 yds

4x

1 x 75 1:30 easy

1 x 50 1:05 fast

1 x 50 1:05 easy

1 x 75 1:30 fast

[RD1/3 stroke, RD2/4 choice]

Freestyle set - 1500 yds

4 x 150 2:15 neg split

4 x 75 1:05 last 25 strong

4 x 100 1:30 desc 1-4

4 x 50 :40 strong

Warm down - 200 yds

4 x 50 1:00

Total:4500

Saturday**Warm up - 1050**

2 x 150 2:30

3 x 100 1:45 alt. 25st/25fr

4 x 75 1:15..... 50 drill / 25 perfect stroke

3 x 50 :50 desc 1-3

Kick set - 500

2x

1 x 100 2:15

1 x 75 1:45 build

1 x 50 1:15

1 x 25 :45 fast

Stroke set - 600

3x

4 x 25 :45 IM order/stroke

1 x 100 2:00 IM/stroke

Sprint set - 600

5 x 50 1:30 sprint

4 x 50 1:15 sprint

3 x 50 1:00 sprint

[All swims choice]

Freestyle set - 1350

3 x 150 2:15 desc 1-3

3 x 150 2:10 desc 1-3

3 x 150 2:05 desc 1-3

Warm down - 200

4 x 50 1:00

Total: 4300