



Monday

Warm up 1200

2 x 200 3:15

8 x 25 :45 stroke

4 x 100 1:30

8 x 25 :30 strong

Kick set 400

1 x 100 2:15

8 x 25 :45 fast

1 x 100 2:15

Stroke set 450

6 x 75 1:30 IM or stroke

[IMers: #1/2 strong fly, #3/4 strong back, #5/6 strong brst]

Sprint set 750

1 x 50 1:00 easy

6 x 25 :20 sprint

1 x 50 1:00 easy

8 x 25 :25 sprint

1 x 50 1:00 easy

10 x 25 :30 sprint

[All swims choice]

Freestyle set 1500

5x

1 x 225 3:25 long & strong

1 x 75 1:05 strong

Warm down

4 x 50 1:00

Total: 4500



Tuesday

Warm up.....1100

3 x 100 1:45 / 2:00

6 x 50 1:05 stroke / 1:20

3 x 100 1:30 / 2:00

8 x 25 :30 strong / :40

Kick set.....500

4 x 75 1:45

8 x 25 :45 sprint

Stroke set.....500

3x

4 x 25 :40

1 x 100 2:00 strong IM or stroke choice / free

[25s: RD1 fly, RD2 back, RD3 brst]

Freestyle set....1000

3 x 100 1:30 long & strong

3 x 100 1:25 last 25 strong

3 x 100 1:20 desc 1-3

1:00 rest

1 x 100 best effort

Sprint set.....600

3x

1 x 50 1:15 easy

2 x 25 :45 sprint

2 x 25 :45 easy

1 x 50 1:15 sprint

[Sprints: RD1 stroke, RD2/3 choice]

Warm down

4 x 50 1:00

Total: 3800



Wednesday

Warm up.....1200

4 x 100 1:45
4 x 75 1:30 IM/stroke
6 x 50 1:00 choice
8 x 25 :30 strong

Kick set.....300

3x
1 x 75 1:45
1:00 [vertical kick]
1 x 25 :45 fast

Stroke set.....600

3x
3 x 25 :40 stroke choice
1 x 125 2:20 IM/stroke

Sprint set.....450

3x
1 x 25 :45 easy
5 x 25 :45 sprint
[All swims choice]

Freestyle set.....1350

3x
1 x 150 2:15
1 x 150 2:10
1 x 150 2:05
[Desc by rounds 1-3]

Warm down

4 x 50 1:00

Total: 4100



Friday

Warm up -900

3 X 150 2:30

Kick 3 x 150 3:30 last 50 fast

Freestyle set - 800

16 x 50

4x50 easy 1:00

4x50 moderate :55

4x50 moderate :50

4x50 strong :45

Freestyle set - Pull - 1600

800 pull - moderate pace 12:40

8x100 - decreasing intervals,

o 1:40, 1:35, 1:30, 1:25,

o 1:40, 1:35, 1:30, 1:25

Freestyle pace set - 800

4x200 - build 1 to 4 3:10

Freestyle set - 400

8x50 - odds fast on :45 / evens 1:00

Freestyle set - 800

2X16x25 - easy / build / fast :25 sec

Warm Down

4 x 50 1:00

Total: 5,300



Saturday

Warm up.....1000

2 x 200 3:30

8 x 50 1:00 choice

8 x 25 :30 strong

Kick set.....500

10 x 50 1:15 25mod/25fast

Sprint set.....900

4 x 25 :40

4 x 50 :45

4 x 25 :30

4 x 50 :55

4 x 25 :20

4 x 50 1:05

[All swims choice]

Freestyle set.....2000

10 x 50 :50 pace

1 x 500 7:30 long & strong

5 x 100 1:30 desc 1-5

2 x 250 3:45 neg split

Warm down

4 x 50 1:00

Total: 4600