



Monday

Warm up.....1050

2 x 200 3:15

4 x 50 1:15 stroke

4 x 75 1:15

6 x 25 :30 strong

Kick set.....400

2x

1:00 [vertical kick]

1 x 100 2:15

4 x 25 :45 fast

Main set.....1050

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

2x

1 x 400 6:00 long & strong

4 x 100 1:30 desc 1-4

Warm down.....200

4 x 50 1:00

Total: 4300



Tuesday

Warm up - 1200

1 x 300 5:00 [4:30]

3 x 100 1:45 [1:30]

12 x 50 1:20 [1:15] alt 2 kick, 2 stroke

Kick set - 400

1 x 400 10:00 [9:00] build each 100 to fast

Sprint set - 800

4 x 50 :50 [:45]

4 x 50 1:00 [:55] same effort as first four

4 x 50 :50 [:45]

1:00 rest

3 x 50 2:00 [2:00] best effort sprint

1 x 50 easy

[All swims choice]

Freestyle set - 1500

6 x 50 :55 [:50] consistent pace

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

1 x 300 4:45 [4:15] neg split

3 x 100 1:30 [1:20] desc 1-3

6 x 50 :50 [:45] strong NO GEAR

Warm down 4 x 50 1:00

Total: 4100



Wednesday

Warm up - 1500

2 x 200 3:45 [3:30]

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

3 x 100 1:45 [1:30]

8 x 50 1:20 [1:15] kick

Main set - 900

9 x 100 2:15 [2:00] choice

[#1/4/7 mod, #2/5/8 build, #3/6/9 strong]

Freestyle set - 1400

1 x 400 6:40 [6:00] long & strong

4 x 100 1:40 [1:30] neg split

1 x 300 5:00 [4:30] long & strong

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

Warm down....4 x 50 1:00

Total: 4000



Thursday

Warm up - 1000

2 x 150 2:45 [2:30]

2 x 100 2:00 [1:45]

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

2 x 100 1:45 [1:30]

Kick set - 500

1 x 200 5:00 [4:30]

1:00 [vertical kick]

1 x 100 2:30 [2:15]

1:00 [vertical kick]

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

Sprint set - 700

4 x 50 1:30 [1:20] sprint

4 x 50 1:15 [1:10] sprint

4 x 50 1:00 [:50] sprint

1 x 50 2:00 [1:30] easy

1 x 50 best effort

[All swims choice]

Freestyle set - 1600

2x

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

1 x 200 3:30 [3:15] best effort

Warm down 4 x 50 1:00

Total: 4000



Friday

Strong endurance Freestyle set

Warm up - 1000

3 x 100 2:00 [1:45]

2 x 100 2:15 [2:00] alt 50st/50fr

3 x 100 1:45 [1:30]

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

Kick set - 300

3x

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

1:00 [vertical kick]

Freestyle set - 1800

2x

4 x 150 2:30 [2:15] desc 1-4

1 x 300 5:00 [4:30] long & strong

Main set - 800

4 x 50 1:15 [1:05] 1easy/3fast

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

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

[All swims choice]

Warm down....4 x 50 1:00

Total: 4100



Saturday

Warm up 1000

2 x 150 2:45 [2:30]

3 x 100 2:00 [1:45] 50fist drill/50swim

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

4 x 50 1:00 [:50] desc

Kick set 300

1 x 100 2:30 [2:15]

4 x 50 1:20 [1:15] 25fast/25easy

Main set 1500

3x

4 x 50 1:10 [1:05]

3 x 100 2:10 [2:00] desc 1-3

[RD1 IM, RD2 stroke, RD3 choice]

Free/pull set 1100

4 x 50 1:00 [1:00] stretch it out

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

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

Warm down

4 x 50 1:00

Total: 4100