



Monday

Warm up - 1000

4 x 100 1:45

4 x 75 1:30 stroke/IM

4 x 50 1:00 choice

4 x 25 :30 strong

Kick set - 300

1 x 150 3:30

1:00 [vertical kick]

1 x 150 3:30

Main set - 1500

3x

1 x 25 :45

1 x 50 1:15

1 x 75 1:30

1 x 100 2:00

1 x 100 2:00

1 x 75 1:30

1 x 50 1:15

1 x 25 :45

[RD1 100s fast, RD2 75s fast, RD3 50s fast, RD4 25s fast]

[All other swims per round are mod w/perfect stroke]

[All swims are choice]

Freestyle set - 1400

4 x 50 :50 pace

4 x 75 1:05 build

4 x 100 1:30 long & strong

4 x 75 1:05 last 25 strong

4 x 50 :45 strong

Warm down - 200

4 x 50 1:00

Total: 4400 yds



Tuesday

Warm up.....1000 yds

1 x 200 [3:15]

2 x 150 [2:15] 50st/50fr/50st

3 x 100 [1:30]

4 x 50 [:50] desc 1-4

Kick set.....500 yds

9 x 50 [1:15] alt 2fast/1easy

1 x 50 easy swim

Stroke set.....800 yds

4x

1 x 50 [1:05] stroke, perfect stroke

1 x 100 [2:00] IM or 50st/50fr

2 x 25 [:30] fast

Freestyle set.....1950 yds

3 x 300 [4:30] desc 1-3

3 x 200 [3:00] desc 1-3

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

3 x 50 [:50] desc 1-3

Warm down.....200 yds

4 x 50 1:00

Total: 4450 yds



Wednesday

Warm up - 1200

6 x 100 1:45

6 x 50 1:00 choice

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

Kick set - 450

3x

1 x 150 3:30

1:00 [vertical kick]

Stroke set - 1000

2x

2 x 25 :45 1easy/1fast

2 x 50 1:00 1easy/1fast

2 x 75 1:30 1easy/1fast

2 x 100 2:00 1easy/1fast

[RD1 stroke, RD2 choice]

Freestyle set - 1500

1 x 400 6:00 long & strong

1 x 200 3:00 neg split

1 x 300 4:30 long & strong

1 x 150 2:15 neg split

1 x 200 3:00 long & strong

1 x 100 1:30 neg split

1 x 100 1:30 long & strong

1 x 50 strong

Warm down - 200

4 x 50 1:00

Total: 4350 yds



Thursday

Warm up

1 x 200 [3:15]
2 x 100 [1:30]
4 x 50 [1:05] stroke
4 x 50 [:50] desc 1-4

Kick set

2x
3 x 50 [1:15] desc 1-3
1 x 50 [1:15] fast

Straight Swim

30:00 [straight swim]

Sprint set

4x
1 x 50 [1:05] 25 fast/25easy
1 x 50 [1:05] 25easy/25fast
1 x 50 [1:05] easy
1 x 50 [1:05] fast
[RD1 fly, RD2 back, RD3 brst, RD4 free]

Warm down

4 x 50 1:00

Total ????



Friday

Warm up - 1100

- 1 x 200 3:15
- 2 x 150 2:30
- 3 x 100 1:30
- 4 x 75 1:30 choice

Kick set.....4 times - 400

- 1 x 50 1:15 mod
- 2 x 25 :45 fast

Stroke set.....4 times - 600

- 3 x 25 :45 drill
- 1 x 75 1:30 strong

[RD1 fly, RD2 back, RD3 brst, RD4 choice]

[Fly drill: fly arms w/flutter kick] [Back drill: double-arm] [Brst drill: 2 kicks, 1 pull breathe on pull only]

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

Freestyle set.....[desc each group of 3] - 2250

- 3 x 100 1:30
- 3 x 100 1:25
- 3 x 100 1:20
- 1 x 100 2:00 easy
- 3 x 75 1:10
- 3 x 75 1:05
- 3 x 75 1:00
- 1 x 75 2:00 easy
- 3 x 50 :50
- 3 x 50 :45
- 3 x 50 :40
- 1 x 50 easy

Warm down - 200

- 4 x 50 1:00

Total: 4550 yds



Saturday

Warm up.....1400 yds

4 x 100 1:45

4 x 75 1:30 IM/st

4 x 75 1:45 kick

4 x 100 1:30

Main set.....1200 yds

8x

1 x 75 1:20 mod

1 x 50 1:05 build

1 x 25 :40 sprint

[Odd rounds: stroke, Evens rounds: free/choice]

Free/pull set.....1800 yds

4 x 200 3:00 neg split

4 x 100 1:30 desc 1-4

4 x 75 1:05 last 25 strong

4 x 50 :50 desc 1-4

4 x 25 :30 fast

Warm down.....200 yds

4 x 50 1:00

Total: 4600