



Monday

Warm up - 1300

3 x 100 2:00 [1:45]

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

1 x 300 7:30 [6:45] kick

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

3 x 100 1:45 [1:30]

Main set - 600

4x

1 x 100 2:30 [2:00] mod

1 x 50 1:30 [1:15] strong choice

Freestyle/stroke set - 2000

2x

4 x 200 3:20 [3:00] long & strong

4 x 50 1:10 [1:05] stroke

Warm down - 200

4 x 50 1:00

Total: 4100



Tuesday

Warm up - 1200

2 x 200 3:30 [3:15]

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

4 x 100 1:45 [1:30]

4 x 50 1:30 [1:15] kick

Kick set - 200

2x

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

1:00 [vertical kick]

Sprint set - 1000

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

2 x 50 1:15 [1:05] sprint, #2 100% effort

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

3 x 50 1:15 [1:05] sprint, #3 100% effort

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

4 x 50 1:15 [1:05] sprint, #4 100% effort

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

3 x 50 1:15 [1:05] sprint, #3 100% effort

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

2 x 50 1:15 [1:05] sprint, #2 100% effort

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

[All swims choice]

Freestyle set - 1400

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

3 x 100 1:35 [1:25] desc 1-3

3 x 100 1:30 [1:20] make them

Warm down - 200

4 x 50 1:00

Total: 4000



Wednesday

Warm up - 1300

3 x 100 2:00 [1:45]

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

1 x 300 7:30 [6:45] kick

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

3 x 100 1:45 [1:30]

Main set - 600

4x

1 x 100 2:30 [2:00] mod

1 x 50 1:30 [1:15] strong choice

Freestyle/stroke set - 2000

2x

4 x 200 3:20 [3:00] long & strong

4 x 50 1:10 [1:05] stroke

Warm down - 200

4 x 50 1:00

Total: 4100



Thursday

Warm up - 1000

3 x 100 2:00 [1:45]

3 x 100 2:00 [1:45] 50st/50free or IM

3 x 100 1:45 [1:30]

2 x 50 1:00 [:50] strong

Kick set - 400

2x

1 x 100 2:30 [2:15]

1:00 [vertical kick]

2 x 50 1:30 [1:15] fast

Stroke set - 800

4x

3 x 50 1:15 [1:05] fly-back-brst

1 x 50 1:30 [1:15] stroke strong choice

Freestyle set - 1800

3 x 150 2:30 [2:15]

3 x 150 2:25 [2:10]

3 x 150 2:20 [2:05]

3 x 150 2:15 [2:00]

[Desc each group 1-3]

Warm down - 200

4 x 50 1:00

Total: 4200



Friday

Warm up - 1400

2 x 150 2:45 [2:30]

3 x 100 2:00 [1:45]

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

3 x 100 2:30 [2:15] kick

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

Main set - 500

10 x 50 1:30 [1:15] choice

[#3-6-9 fast, #10 easy, perfect stroke all others]

Freestyle/stroke set - 1900

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

2 x 100 2:00 [1:45] IM or 50st/50fr

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

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

5 x 100 1:40 [1:30] neg split & desc 1-5

Warm down - 200

4 x 50 1:00

Total: 4000



Saturday

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