



Monday

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



Tuesday

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



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

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



Friday

Warm up 1300

2x

1 X 250 4:15

4 X 100 1:40

Kick Set 500

1 X 500 kick - one minute rest

Freestyle Set 1 1000

5 X 200 3:00 Negative split the 200

Freestyle Set 2 1500

15 X 100 free 1:40

#3-6-9-12-15 @ 85/90%

Warm Down

4 x 50 1:00

Total 4500



Saturday

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