



## **Monday**

### **Warm up 1000**

2 x 150 2:45 [2:30]

8 x 50 1:15 [1:05] alt. 1stroke/1free

3 x 100 1:45 [1:30]

### **Kick set 500**

2 x 150 3:45 [3:30]

1:00 [vertical kick]

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

### **Main set 800**

4x

1 x 50 1:15 [1:05] 25easy/25fast

1 x 50 1:15 [1:05] 25fast/25easy

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

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

[RD1/3 stroke, RD2/4 choice]

### **Freestyle set 1500**

3 x 150 2:30 [2:15] long & strong

3 x 150 2:25 [2:10] desc 1-3

3 x 150 2:20 [2:05] neg split

1 x 150 best effort

### **Warm down**

4 x 50 1:00

**Total: 4000**



**Tuesday**

**Warm up 1000**

1 x 200 3:30 [3:15]  
2 x 150 2:45 [2:15] 50st/50fr/50st  
3 x 100 1:45 [1:30]  
4 x 50 1:00 [:50] desc 1-4

**Kick set 500**

9 x 50 1:20 [1:15] alt 2fast/1easy  
1 x 50 easy swim

**Main set 800**

4x  
1 x 50 1:15 [1:05] perfect stroke choice  
1 x 50 1:15 [1:05] easy  
1 x 100 2:15 [2:00] strong choice

**Freestyle set 1800**

3 x 300 5:00 [4:30] desc 1-3  
3 x 200 3:20 [3:00] desc 1-3  
3 x 100 1:40 [1:30] desc 1-3

**Warm down**

4 x 50 1:00

**Total: 4300**



**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**

1 x 200 3:30 [3:15]  
6 x 50 1:15 [1:05] choice  
2 x 100 1:45 [1:30]  
6 x 50 1:00 [:50] desc 1-3/4-6

**Kick set 400**

2x  
1 x 100 2:30 [2:15]  
1:00 [vertical kick]  
1 x 100 2:15 [2:00] swim w/fast overdrive kick

**Main set 800**

2x  
1 x 50 1:15 [1:15] easy  
2 x 100 2:15 [2:00] fast  
1 x 50 1:15 [1:15] easy  
2 x 50 1:30 [1:15] fast  
[RD1 stroke, RD2 choice]

**Freestyle set 1600**

1 x 400 6:30 [6:00] long & strong  
8 x 50 :55 [:50] strong & consistent  
2 x 200 3:20 [3:00] long & strong  
8 x 50 :50 [:45] strong & consistent

**Warm down**

4 x 50 1:00

**Total: 4000**



**Friday**

**Warm up 1000**

2 x 150 2:45 [2:30]

8 x 50 1:15 [1:05] alt. 1stroke/1free

3 x 100 1:45 [1:30]

**Kick set 500**

2 x 150 3:45 [3:30]

1:00 [vertical kick]

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

**Main set 600**

3x

1 x 50 1:15 [1:05] 25easy/25fast

1 x 50 1:15 [1:05] 25fast/25easy

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

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

[RD1/3 stroke, RD2 choice]

**Freestyle set 1950**

4 x 150 2:30 [2:15] long & strong

4 x 150 2:25 [2:10] desc 1-3

4 x 150 2:20 [2:05] neg split

1 x 150 best effort

**Warm down**

4 x 50 1:00

**Total: 4250**



## **Saturday**

### **Warm up 1000**

1 x 200 3:30 [3:15]  
3 x 100 2:00 [1:45]  
4 x 50 1:15 [1:15] stroke  
3 x 100 1:45 [1:30]

### **Kick set 600**

3 x 100 2:30 [2:15]  
1:00 [vertical kick]  
2 x 100 2:30 [2:15]  
1:00 [vertical kick]  
1 x 100 2:30 [2:15]

### **Main set 800**

4x  
2 x 50 1:15 [1:15] #1 drill, #2 perfect stroke  
1 x 100 2:30 [2:15] fast  
[RD1/3 stroke, RD2/4 choice]  
[Fly drill: 3 strokes right arm, 3 left arm, 3 both]  
[Back drill: right arm x 25, left arm x 25]  
[Brst drill: 2 kicks, 1 pull breathe on pull only]  
[Free drill: fist drill].....

### **Freestyle set 1400**

2 x 200 3:20 [3:00] long & strong  
4 x 100 1:40 [1:30] desc 1-4  
2 x 150 2:30 [2:15] last 50 strong  
3 x 100 1:40 [1:30] desc 1-3

### **Warm down**

4 x 50 1:00

### **Total 4000**