



Monday

Warm up - 1400

2 x 200 3:45 [3:30]

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

3 x 100 1:45 [1:30]

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

Main set - 600

6 x 100 2:20 [2:00] choice

[#1/4 mod, #2/5 build, #3/6 50mod/50fast]

Freestyle set - 1800

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

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

4 x 50 :50 [:45] strong

Warm down - 200

4 x 50 1:00

Total

4000



Tuesday

Warm up - 1200

2 x 200 3:15

8 x 25 :45 stroke

4 x 100 1:30

8 x 25 :30 strong

Kick set - 400

1 x 100 2:15

8 x 25 :45 fast

1 x 100 2:15

Stroke set - 450

6 x 75 1:30 IM or stroke

[IMers: #1/2 strong fly, #3/4 strong back, #5/6 strong brst]

Sprint set - 750

1 x 50 1:00 easy

6 x 25 :20 sprint

1 x 50 1:00 easy

8 x 25 :25 sprint

1 x 50 1:00 easy

10 x 25 :30 sprint

[All swims choice]

Freestyle set - 1500

5x

1 x 225 3:25 long & strong

1 x 75 1:05 strong

Warm down - 200

4 x 50 1:00

Total

4500



Wednesday

Warm up - 1100

4 x 150 2:30
4 x 75 1:30 stroke/IM
8 x 25 :30 strong

Freestyle set - 1800

3 x 200 2:45 desc 1-3
1 x 100 1:30 neg split
2 x 200 2:50 long & strong
2 x 100 1:25 long & strong
1 x 200 3:00 neg split
3 x 100 1:20 desc 1-3

Kick set - 400

1 x 200 4:30
1:00 [vertical kick]
8 x 25 :45 fast

Sprint set - 900

4 x 50 1:15 25sprint/25easy
4 x 50 1:15 40sprint/10easy
4 x 50 1:15 50sprint
4 x 25 :45 12.5sprint/12.5easy
4 x 25 :45 20sprint/5easy
4 x 25 :45 25sprint
[All swims choice]...

Warm down - 200

4 x 50 1:00

Total

4400



Thursday

Warm up - 900

3 x 100 1:45

1:00 [vertical kick]

6 x 50 1:05 stroke

1:00 [vertical kick]

3 x 100 1:30

Main set - 900

2x

2 x 25 :40 mod

1 x 50 1:00 strong

3 x 25 :40 build

1 x 75 1:30 strong

4 x 25 :40 desc 1-4

1 x 100 2:00 strong

[All swims choice]

Kick set - 400

1 x 400 9:00

Freestyle set - 2100

4x

1 x 300 4:00 long & strong

1 x 150 2:15 neg split

1 x 75 1:15 strong

Warm down

4 x 50 1:00

Total

4500



Friday

Warm up - 1100

4 x 150 2:30

4 x 75 1:30 stroke/IM

8 x 25 :30 strong....1100 yds

Freestyle set - 1800

3 x 200 2:45 desc 1-3

1 x 100 1:30 neg split

2 x 200 2:50 long & strong

2 x 100 1:25 long & strong

1 x 200 3:00 neg split

3 x 100 1:20 desc 1-3....1800 yds....60 min

Kick set - 400

1 x 200 4:30

1:00 [vertical kick]

8 x 25 :45 fast....400 yds

Sprint set - 900

4 x 50 1:15 25sprint/25easy

4 x 50 1:15 40sprint/10easy

4 x 50 1:15 50sprint

4 x 25 :45 12.5sprint/12.5easy

4 x 25 :45 20sprint/5easy

4 x 25 :45 25sprint.....900 yds.....90 min

[All swims choice]

Warm down - 200

4 x 50 1:00

Total:

4400



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]

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

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]

Warm down

4 x 50 1:00

Total

4000