



**Monday**

**Warm up - 1100**

2 x 150 2:30

3 x 100 1:45

8 x 25 :45 drill 2 x 25 in IM order

[Fly drill: 2 strokes right arm, 2 left arm, 2 both]

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

[Brst drill: 2 kicks, 1 pull breathe on pull only]

[Free drill: catch up, or fist drill]

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

**Kick set - 400**

2x

4 x 50 1:15

1:00 [vertical kick]

**Sprint set - 1000**

2x

1 x 50 1:15 easy

2 x 50 :45 fast

3 x 50 1:00 fast

4 x 50 1:15 fast

[All swims choice]

**Freestyle set - 1800**

3 x 200 3:00 long & strong

3 x 200 2:50 desc 1-3

3 x 200 2:40 neg split

**Warm down**

4 x 50 1:00

**Total: 4500**



**Tuesday**

**Warm up - 1150**

4 x 100 1:45

4 x 75 1:10

6 x 50 1:05 stroke 2 of each

6 x 25 :30 strong choice

**Kick set - 300**

3x

1:00 vertical kick

:15 rest

4 x 25 :45 fast

**Stroke set - 800**

4x

1 x 50 1:05 drill

1 x 50 1:05 perfect stroke

1 x 50 1:05 build

1 x 50 1:05 fast

[RD1 choice, RD2 brst, RD2 back, RD4 fly] [Fly drill: fly arms w/flutter kick] [Back drill: right arm x 25, left arm x 25] [Brst drill: brst arms w/flutter kick] [Free drill: right arm x 25, left arm x 25]

**Freestyle/pull set - 1800**

1 x 300 4:30 long & strong

4 x 75 1:05 desc 1-4

1 x 300 4:15 neg split

6 x 50 :45 desc 1-3/4-6

1 x 300 4:00 neg split

12 x 25 :30 strong

**Warm down**

4 x 50 1:00

**Total: 4250**



**Wednesday**

**Warm up - 1300**

4 x 150 [2:30]  
6 x 50 [1:05] stroke  
2 x 100 [2:15] kick  
4 x 50 [:50] desc 1-4

**Stroke set - 600**

2 x 50 [1:05] fly  
2 x 50 [1:05] back  
2 x 50 [1:05] brst  
2 x 150 [2:30] IM or 50st/50fr/50st  
[50s: #1 perfect stroke, 2 strong]

**Sprint set - 400**

8 x 50 [1:30] sprint choice  
[#1 & 5 easy]

**Freestyle set - 1500**

10 x 150 [2:15] consistent pace w/last 50 strong

**Warm down**

4 x 50 1:00

**Total: 4000**



**Thursday**

**Warm up - 1300**

3 x 100 1:45

8 x 25 :45 choice

3 x 100 2:15 kick

8 x 25 :45 choice

3 x 100 1:30

**Main set - 1500**

10 x 75 1:30

10 x 50 1:05

10 x 25 :30

[Alt 1 easy/2 fast with #10 easy]

[All swims choice]

**Freestyle set - 1400**

3 x 200 3:00 long & strong

3 x 200 2:45 neg split

1 x 200 best effort

**Warm down**

4 x 50 1:00

**Total: 4400**



**Friday**

**Warm up - 1100**

6 x 100 1:45

6 x 50 1:05 stroke

8 x 25 :30 strong

**Main set - 1400**

4 x 25 :45 strong

1 x 100 2:15 kick

4 x 50 1:00 build

1 x 100 2:15 kick

4 x 100 2:00 neg split

1 x 100 2:15 kick

4 x 50 1:00 build

1 x 100 2:15 kick

4 x 25 :45 strong

[All swims choice]

**Freestyle set - 1800**

8 x 50 :50 pace NO GEAR

1 x 400 5:40 PULL

6 x 50 :50 pace NO GEAR

1 x 300 4:20 PULL

4 x 50 :50 strong NO GEAR

1 x 200 best effort PULL

**Warm down**

4 x 50 1:00

**Total: 4500**