



Monday

Warm up 1200

6 x 100 1:45

6 x 75 1:30 25st/25fr/25st

6 x 25 :30 strong

Main set 900

2x

1 x 50 1:00 easy

4 x 25 :45 fast

1 x 50 1:00 easy

2 x 50 1:15 fast

1 x 50 1:00 easy

1 x 100 2:00 fast

[All swims choice]

Kick set 600

2x

1 x 150 3:30

1 x 100 2:15

1 x 50 1:15 fast

Freestyle set 1200

2x

4 x 50 1:00 pace, be consistent

4 x 50 :50 desc 1-4

4 x 50 :40 strong

Warm down

4 x 50 1:00

Total: 4100



Tuesday

Warm up 1000

5 x 100 1:50

10 x 50 1:05 choice.....1000 yds

Main set 1100

1 x 200 3:15 free pull

2 x 50 1:15 fly

1 x 200 3:15 free pull

2 x 50 1:15 back

1 x 200 3:15 free pull

2 x 50 1:15 brst

1 x 200 3:15 free pull.....1100 yds

Kick set 500

10 x 50 1:20 25mod/25fast....500 yds

Sprint set 1200

2x

3 x 50 :45 sprint

4 x 50 :50 sprint

5 x 50 :55 sprint.....1200 yds

1:00 rest

[Hold sprint pace on all 50s]

Warm down

4 x 50 1:00

Total

4000



Wednesday

Warm up 1600

2 x 200 3:30 [3:15]

4 x 50 1:00 1:00 choice

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

4 x 50 1:15 1:05 stroke

4 x 100 1:45 [1:30]

Main set 800

4x

1 x 50 1:15 [1:15] perfect stroke

1 x 100 2:00 [2:00] fast

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

[RD1/3 stroke, RD2/4 choice]

Freestyle set 1600

2 x 50 1:00 [1:00] mod

2 x 100 1:40 [1:30] desc

4 x 75 1:15 [2:15] neg split

4 x 100 1:40 [3:00] long & strong

4 x 75 1:15 [2:05] neg split

2 x 100 1:30 [1:20] desc

2 x 50 :50 [:45] strong

Warm down

4 x 50 1:00

Total:

4200



Thursday

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

4 x 50

Total

4200



Friday

Warm up 2550

3 x 100 1:45

6 x 75 1:30 stroke/IM

6 x 100 2:15 kick

6 x 75 1:15

3 x 100 1:30

6 x 75 1:30 swim/kick/swim x 25...2550

Main set 1400

8 x 25 :45

4 x 50 1:15

4 x 100 2:00

8 x 50 1:15

8 x 25 :45.....1400

[Swim 1 easy, 3 strong in each group]

[All swims choice]

Freestyle set 1500

3 x 50 :50

3 x 100 1:30

3 x 200 3:00

3 x 100 1:20

3 x 50 :45.....1500

[Desc each group 1-3]

Warm down

4 x 50 1:00

Total

5450



Saturday

Warm up 1600

2 x 150 2:30

4 x 75 1:15

6 x 50 1:15 kick

12 x 25 :40 alt 1stroke/1free

Main set 1500

6 x 25 :45 alt. 1easy/2strong

6 x 50 1:05 alt. 1easy/2strong

6 x 75 1:30 alt. 1easy/2strong

6 x 100 2:00 alt. 1easy/2strong

[All swims choice]

Freestyle set 1200

2 x 200 3:00 neg split

4 x 150 2:15 last 50 strong

6 x 100 1:30 desc 1-3/4-6

Warm down 200

4 x 50 1:00

Total: 4500