



Monday - 4500 yds

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



Tuesday 4000 yds

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].....600 yds

Main set - 600

3xs
2 x 50 1:15 [1:15] #1 - 50 drill, #2 - 50 perfect stroke
1 x 100 2:30 [2:15] fast
[RD1/3 stroke, RD2 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]

1 Mile Swim - 72 laps or straight swim - 1800

2 x 200 [3:00] or 10 seconds rest between - long & strong
4 x 100 [1:30] or 5 seconds rest between - desc 1-4
2 x 150 [2:15] or 10 seconds rest between - last 50 strong
3 x 100 [1:30] or 5 seconds rest between - desc 1-3
8 x 50 :50 or 5 seconds rest between

Warm down

4 x 50 1:00

Total 4000



Wednesday - 4500 yds

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 stroke or IM

[#1/3/5 perfect stroke, #2/4/6 strong]

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

4 x 50 1:00

Total: 4500



Thursday - 4500 yds

Warm up - 1200

4 x 75 1:15

3 x 100 2:00 alt 25st/25fr

4 x 75 1:15

3 x 100 1:30

Kick set - 300

1 x 150 3:30

1:00 [vertical kick]

1 x 100 2:15

1:00 [vertical kick]

1 x 50 1:15

1:00 [vertical kick]

Sprint set- 1000

2x

2 x 25 :45 #1drill, #2sprint

2 x 50 1:15 #1drill, #2sprint

2 x 75 1:30 #1easy, #2sprint

2 x 100 2:00 #1easy, #2sprint

[All swims choice]

Freestyle set - 1800

4x

1 x 150 2:15 mod

1 x 150 2:15 build

1 x 150 2:15 best effort

Warm down

4 x 50 1:00

Total: 4500



Friday - 4500 yds

Warm up - 1100

6 x 100 1:45

6 x 50 1:05 25 drill stroke / 25 swim 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