



Monday

Warm up 1000

3 x 100 [1:45]
4 x 50 [1:05] stroke
3 x 100 [1:30] desc 1-3
4 x 50 [1:00] choice

Kick set 500

1 x 200 [4:30]
6 x 50 [1:15] fast

Main set 800

12 x 50 [1:15] alt. 1easy/1strong
2 x 100 3:00 sprint...off block

Freestyle set

3 x 200 [3:00]
3 x 200 [2:55]
3 x 200 [2:50]
[Desc each group 1-3]

Warm down

4 x 50 1:00

Total: 4300



Tuesday

Warm up 1000

4 x 100 1:45

4 x 100 1:45 50st/50fr

4 x 50 :50 choice

Kick set 500

10 x 50 1:15 25fast/25easy

Main set 1200

4x

4 x 25 :40 perfect stroke

2 x 50 1:05 desc

1 x 100 2:00 IM/stroke

[RD1 fly, RD2 back, RD3 brst, RD4 free]

Free/pull set 1800

4 x 150 2:15 long & strong

4 x 150 2:05 desc 1-4

4 x 150 1:55 strong

Warm down

4 x 50 1:00

Total: 4700 with warm down



Wednesday

Warm up 1250

4 x 150 2:30
8 x 25 :45 choice
3 x 100 2:15 kick
6 x 50 :50 desc 1-3/4-6

Main set 1400

4x
4 x 25 :45 build to race finish
4 x 25 :45 sprint 20, then easy
3 x 50 2:00 fast
[All swims choice]

Freestyle set 1750

5 x 50 :50 pace
4 x 100 1:30 desc 1-4
3 x 150 2:10 last 50 strong
2 x 200 3:00 neg split
1 x 250 best effort

Warm down

4 x 50 1:00

Total: 4400



Thursday

Warm up 1200

4 x 75 1:15
3 x 100 1:45
4 x 75 1:30 IM/stroke
3 x 100 1:30

Kick set 450

3x
1 x 75 1:45
1:00 [vertical kick]
1 x 75 1:45 fast

Main set 1000

2x
1 x 100 2:00
2 x 75 1:30
3 x 50 1:15
4 x 25 :45
[RD1 75s & 25s fast, RD2 100 & 50s fast]
[All other swims perfect stroke]
[All swims choice]

Freestyle set 1500

6x
1 x 100 1:30
1 x 75 1:05
1 x 50 :45
1 x 25 :30

Warm down

4 x 50 1:00

Total: 4350



Friday Freestyle

Warm up 800

4 x 100 1:40

8 x 50 1:05 25fast/25easy

Freestyle Pull 1200

1 x 200 - 3:05

2x150 - 2:05

4x100 - 1:30

6x50 - :50 – Desc each group

Main set 2800

1 x 200 3:00

8 x 100 1:40

1x 200 2:55

6 x 100 1:30

Take an extra 30 sec

1x 200 2:50

4 x 100 1:20

Take an extra 30 sec

1 x 200 2:45

2 x 100 on 1:15

Warm down

4 x 50 1:00

Total: 5,000 with warm down



Saturday

Warm up 1400

2 x 150 [2:30]
6 x 50 [1:00]
2 x 100 [2:15] kick
3 x 100 [1:30]
6 x 50 [1:05] stroke

Main set 800

2x
1 x 100 [2:00] 25stroke/75free
1 x 100 [2:00] 50stroke/50free
1 x 100 [2:00] 75stroke/25free
1 x 100 [2:00] 100stroke

Kick set 400

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

Freestyle set 1400

1 x 100 [1:30] mod
1 x 200 [3:10] neg split
2 x 200 [3:00] long and strong
2 x 200 [5:40] long and strong
1 x 200 [2:45]
1 x 100 best effort.....1400 yds

Warm down

4 x 50 1:00

Total: 4200