



## **Monday**

### **Warm up**

1 x 200 3:30  
6 x 50 1:05 choice  
2 x 100 1:30  
12 x 25 :30 choice

### **Main set**

2x  
1 x 100 2:10 kick  
6 x 25 :40 IM order 2 of each  
1 x 100 2:00 IM  
1 x 100 2:10 kick  
6 x 25 :30 choice  
1 x 100 2:00 choice

### **Free/pull set**

1 x 400 6:00 long & strong  
1 x 300 4:30 neg split  
1 x 200 3:00 last 50 strong  
1 x 100 1:30 mod  
1 x 100 1:20 mod  
1 x 200 2:40 last 50 strong  
1 x 300 4:00 neg split  
1 x 400 5:20 long & strong

### **Warm down**

4 x 50 1:00

**Total: 4600**



**Tuesday**

**Warm up - 1000**

3 x 100 1:45

4 x 50 1:05 stroke

3 x 100 1:30

4 x 50 :50 desc 1-3

**Kick set - 400**

1 x 200 4:30

8 x 25 :45 fast

**Main set - 1800**

1 x 200 4:30 kick

1 x 200 3:45 50st/50fr/50st/50fr

1 x 200 3:00 IM

2 x 100 2:15 kick

2 x 100 1:45 stroke

2 x 100 1:45 IM

4 x 50 1:15 kick

4 x 50 1:05 IM order

4 x 50 1:00 choice

**Free/pull set - 1200**

6 x 200 3:00 2:45 desc 1-3/4-6

**Warm down**

4 x 50 1:00

**Total: 4600**



**Wednesday**

**Warm up - 1200**

4 x 75 1:15  
2 x 100 1:30  
1 x 200 3:30 IM/stroke  
2 x 100 1:30  
4 x 75 1:05

**Kick set - 450**

4 x 75 1:45  
6 x 25 sprint :40

**IM/stroke set - 1050**

1 x 300 IM 5:15  
3 x 50 fly 1:10  
1 x 200 IM 3:30  
3 x 50 back 1:10  
1 x 100 IM 1:45  
3 x 50 breast 1:10

**Free/pull - 1550**

3 x 200 3:00 descend 1-3  
1 x 200 3:30 best effort  
3 x 100 1:30 descend 1-3  
1 x 100 2:00 best effort  
6 x 50 :45 descend 1-3 / 4-6  
1 x 50 1:00 best effort

**Warm down**

4 x 50 1:00

**Total**

**4450**



**Thursday**

**Warm up - 1000**

1 x 200 3:15

6 x 50 Alternate 1st/1fr 1:00

1 x 200 3:00

6 x 50 Alternate 1st/1fr 1:00

**Kick set - 600**

3x

1 x 100 2:15

1 x 50 1:15 fast

50 easy swim

**IM/stroke set - 900**

3x

4 x 50 1:10 - 25 fast 25 mod stroke

1 x 100 1:45 IM

**Free/pull set - 1600**

1 x 400 6:00 moderate

4 x 100 1:30 descend 1 - 4

1 x 400 6:00 neg spit

8 x 50 :45 strong

**Warm down - 200**

**Total**

**4300**



**Friday**

**Warm up - 1500**

1 x 300 5:00  
4 x 75 IM/stroke 1:30  
3 x 100 1:30  
4 x 75 IM/stroke 1:30  
6 x 50 desc 1-3/4-6 :50

**Kick set #1 - 400**

2 x 200 4:30

**IM/stroke set - 600**

4x  
3 x 25 stroke :40  
1 x 75 IM/stroke strong 1:30  
RD1 fly, RD2 back, RD3 brst, RD4 choice

**Kick set #2 - 300**

12 x 25 :40  
Alt 1 underwater dolphin/1 surface kick

**Free/pull set - 1500**

1 x 300 long & strong 4:20  
4 x 75 last 25 strong 1:10  
6 x 50 desc 1-3/4-6 :50  
4 x 75 last 50 strong 1:10  
2 x 150 last 100 strong 2:10

**Warm down**

4 x 50 1:00

**Total: 4500**



**Saturday**

**Warm up - 1000**

4 x 150 2:30

4 x 75 1:30 IM/stroke

4 x 25 :30 strong

**Kick set - 500**

1 x 200 4:30

3 x 100 2:15 desc 1-3

**Sprint set - 1050**

3x

1 x 25 :45 easy

1 x 25 :30 fast

1 x 25 :45 easy

1 x 50 1:00 fast

1 x 25 :45 easy

1 x 75 1:30 fast

1 x 25 :45 easy

1 x 100 2:00 fast

[All swims choice]

**Freestyle set - 1500**

2 x 250 3:45 long & strong

5 x 100 1:30 neg split

10 x 50 :45 strong and consistent

**Warm down**

4 x 50 1:00

**Total: 4250**



## **Monday**

### **Warm up - 1050**

6 x 75 1:15 450

4 x 75 1:30 IM/stroke

4 x 75 1:10 desc 1-4

### **Stroke set - 750**

3x

1 x 50 1:10

1 x 200 3:30 IM

[50s: RD1 fly, RD2 back, RD3 brst]

### **Kick set - 500**

1 x 200 4:30

3 x 50 1:15 desc 1-3

6 x 25 :45 fast

### **Freestyle/pull set - 1600**

4x

1 x 200 3:00 long & strong

1 x 125 1:50 neg split

1 x 75 1:10 strong

### **Sprint set - 450**

3x

3 x 25 :40 desc 1-3

1 x 75 1:20 fast

[All swims choice]

### **Warm down - 200**



4 x 50 1:00

**Total: 4550**

**Tuesday**

**Warm up - 1000**

1 x 200 3:15

4 x 50 1:05 stroke

2 x 100 1:30

4 x 50 :50 desc 1-4

8 x 25 :30 strong

**Kick set - 400**

2x

1 x 100 2:15

1:00 vertical kick

4 x 25 :45 fast

**Stroke set - 1200**

2x

4 x 25 :40 IM order

4 x 50 1:05 IM order

4 x 75 1:30 IM

**Freestyle/pull set - 1500**

3x

3 x 100 1:30 neg split

2 x 75 1:05 desc 1-2

1 x 50 :50 strong

**Warm down - 200**

4 x 50 1:00



**Total: 4300**

**Wednesday**

**Warm up - 900**

2 x 150 2:30

6 x 50 1:00 choice

3 x 100 1:30

**Kick set - 300**

3 x 100 2:15 desc 1-3

**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 stroke strong, RD2 100 & 50s choice strong]

**Freestyle set - 1800**

4 x 200 3:00 long & strong

4 x 150 2:15 last 50 strong

4 x 100 1:30 desc 1-4

**Warm down - 200**

4 x 50 1:00

**Total: 4200**



## **Thursday**

### **Warm up - 900**

2 x 150 [2:30]

3 x 100 [1:45] 25 drill/75 swim

6 x 50 [1:05] stroke

### **Kick set - 900**

3x

4 x 50 [1:15] 25easy/25fast

1 x 100 [2:00] swim moderate w/strong focus on kick

### **Stroke set - 800 yds**

4x

1 x 50 [1:15] drill

2 x 50 [1:15] 25fast/25easy

1 x 50 [1:15] fast

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

[Fly drill: 2 fly / 2 breaststroke]

[Back drill: double-arm]

[Brst drill: brst arms w/flutter kick]

### **Freestyle set - 1800**

1 x 200 [3:00] long & strong

2 x 100 [1:30]

4 x 50 [ :50]

1 x 200 [2:50] neg split

2 x 100 [1:25]

4 x 50 [ :50]



1 x 200 [2:40] neg split

2 x 100 [1:20]

4 x 50 [ :50]

**Warm down - 200**

4 x 50 1:00

**Total: 4600**

## **Friday**

**Warm up 1200**

1 x 300 4:30

3 x 100 1:45

4 x 75 1:45 kick

6 x 50 1:00 choice

**Main set 900 all choice**

36 x 25 :30 ..... 25 easy / 25 strong

**Kick set 300**

1 x 450 ..... 13:00 alt by 25 1fast/1easy ½ freestyle ½ stroke

1 x 50 swim

**Freestyle set 1350**

9 x 50 1:00 ..... Freestyle

9 x 50 1:15 ..... Stroke or IM order by 25

9 x 50 1:00 ..... Freestyle

**IM set 400**

4 x 100 ..... 2:00 IM

**Warm down**

4 x 50 1:00

**Total: 4350**



## **Saturday**

### **Warm up 1000**

1 x 200 [3:15]

2 x 150 [2:15] 50st/50fr/50st

3 x 100 [1:30]

4 x 50 [:50] desc 1-4

### **Kick set 500**

1 x 450 13:00 alt by 25 1fast/1easy

1 x 50 easy swim

### **Main set 800**

4x

1 x 50 [1:05] perfect stroke choice

1 x 50 [1:05] easy

1 x 100 [2:00] strong choice

### **Freestyle set 1800**

6 x 150 [2:15] desc 1-3 4-6

3 x 200 [3:00] desc 1-3

6 x 50 [:50] pace

### **Warm down**

4 x 50 1:00

**Total: 4300**