



Monday

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 - 1600

4x
1 x 200 3:00 long & strong
1 x 125 1:50 neg split
1 x 75 1:10 strong

Warm down - 200

4 x 50 1:00

Total: 4400



Tuesday

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 - 350

1 x 200 4:30
6 x 25 :45 fast

Freestyle set - 1700

17 X 100 free 1:30
#3-6-9-12-15 @ 85/90%

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: 4500



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.....1000 yds

1 x 200 3:30 [3:15]

6 x 50 1:15 [1:05] choice

2 x 100 1:45 [1:30]

6 x 50 1:00 [:50] desc 1-3/4-6

Kick set.....400 yds

2x

1 x 100 2:30 [2:15]

1:00 [vertical kick]

1 x 100 2:15 [2:00] swim w/fast overdrive kick

Freestyle set.....1600 yds

1 x 400 6:30 [6:00] long & strong

8 x 50 :55 [:50] strong & consistent

2 x 200 3:20 [3:00] long & strong

8 x 50 :50 [:45] strong & consistent

Main set.....800 yds

2x

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

2 x 100 2:15 [2:00] fast

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

2 x 50 1:30 [1:15] fast

[RD1 stroke, RD2 choice]

Warm down

4 x 50 1:00

Total: 4000



Friday

Warm up.....1000 yds

2 x 150 2:45 [2:30]

8 x 50 1:15 [1:05] alt. 1stroke/1free

3 x 100 1:45 [1:30]

Freestyle set.....1500 yds

3 x 150 2:30 [2:15] long & strong

3 x 150 2:25 [2:10] desc 1-3

3 x 150 2:20 [2:05] neg split

1 x 150 best effort

Kick set.....500 yds

2 x 150 3:45 [3:30]

1:00 [vertical kick]

4 x 50 1:20 [1:15] fast

IM / Stroke set.....800 yds

4x

1 x 50 1:15 [1:05] 25easy/25fast

1 x 50 1:15 [1:05] 25fast/25easy

1 x 50 1:15 [1:05] build

1 x 50 1:15 [1:05] fast

[RD1/3 stroke, RD2/4 choice]

Warm down

4 x 50 1:00

Total: 4000



Saturday

Warm up 1000m

2 x 150 2:45 [2:30]

3 x 100 2:00 [1:45] 50fist drill/50swim

4 x 50 1:15 [1:05] stroke

4 x 50 1:00 [:50] desc

Kick set 300m

1 x 100 2:30 [2:15]

4 x 50 1:20 [1:15] 25fast/25easy

Free/pull set 1100m

4 x 50 1:00 [1:00] stretch it out

3 x 100 1:40 [1:30] desc 1-4

3 x 200 3:10 [3:00] neg split

Main set 1500m

3x

4 x 50 1:10 [1:05]

3 x 100 2:10 [2:00] desc 1-3

[RD1 IM, RD2 stroke, RD3 choice]

Warm down

4 x 50 1:00

Total: 4100