



Monday

Warm up - 900

1 x 200 3:15
4 x 50 1:05 stroke
3 x 100 1:30
8 x 25 :30 choice

Kick set - 500

1 x 200 4:30 kick
4 x 50 1:15 kick
4 x 25 :45 kick fast

IM set - 900

4 x 50 1:00 IM order
2 x 200 3:30 IM
4 x 25 :45 IM order
2 x 100 1:45 IM

Freestyle/pull - 1800

1 x 300 4:30 long & strong
2 x 150 2:15 neg split
3 x 100 1:30 last 25 strong
4 x 75 1:05 desc 1-4
6 x 50 :45 be consistent
12 x 25 :30 strong

Warm down 4 x 50 1:00

Total: 4300



Tuesday

Warm up - 1200

4 x 150 3:00
3 x 100 2:00 IM
3 x 100 1:45 desc 1-3

Kick set - 300

6 x 50 1:20 25easy/25fast

Stroke set - 600

6 x 100 2:00 IM desc 1-3/4-6

Sprint set - 500

1 x 50 :40
2 x 50 :45
3 x 50 :50
4 x 50 : 55
[All swims choice]

Free/pull set - 1600

7 x 200 3:15 neg split
1 x 200 best effort

Warm down

4 x 50 1:00

Total: 4400



Wednesday

Warm up - 950

2 x 200 3:15
6 x 25 :40 stroke
3 x 100 1:30
4 x 25 :30 strong

Kick set - 400

1 x 200 4:30
8 x 25 :40 fast

Stroke set - 700

2x
4 x 25 :40 IM order perfect stroke.....
1 x 100 1:50 IM
3 x 25 :40 IM order perfect stroke
1 x 75 1:30 IM

Freestyle/pull set -1800

2 x 150 2:15
4 x 75 1:10
2 x 150 2:10
4 x 75 1:05
2 x 150 2:05
4 x 75 1:00

Sprint set - 450

6x
1 x 25 :45 easy
1 x 50 1:15 sprint
[RD1-3 stroke, RD4-6 choice]

Warm down

4 x 50 1:00

Total:

4500



Thursday

Warm up - 950

2 x 200 3:15
6 x 25 :40 stroke
3 x 100 1:30
4 x 25 :30 strong

Kick set - 400

1 x 200 4:30
8 x 25 : 40 fast

Stroke set - 700

2x
4 x 25 :40 IM order perfect stroke.....
1 x 100 1:50 IM
3 x 25 :40 IM order perfect stroke
1 x 75 1:30 IM

Freestyle/pull set -1800

2 x 150 2:15
4 x 75 1:10
2 x 150 2:10
4 x 75 1:05
2 x 150 2:05
4 x 75 1:00

Sprint set - 450

6x
1 x 25 :45 easy
1 x 50 1:15 sprint
[RD1-3 stroke, RD4-6 choice]

Warm down

4 x 50 1:00

Total:

4500



Friday

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

Free/pull set - 1500

2 x 250 3:45 long & strong
5 x 100 1:30 last 25 strong
10 x 50 :45 strong and consistent

Sprint set - 600

2x
1 x 25 :30 easy
2 x 25 :30 fast
1 x 25 :30 easy
3 x 25 :30 fast
1 x 25 :30 easy
4 x 25 :30 fast

Stroke set - 600

2x
4 x 25 :40 fly
4 x 25 :40 back
4 x 25 :40 brst
[Swims 1/2: perfect stroke, 3/4: strong]

Warm down

4 x 50 1:00

Total:

4400



Saturday

Warm up - 1000

3 x 100 1:45
4 x 75 1:30 IM/stroke
1 x 200 4:30 kick
8 x 25 :40 fast kick

Freestyle/pull set - 2000

20 x 100 1:30
[Alt 1 easy/3 strong]

Stroke set - 600

3x
3 x 25 :40
1 x 125 2:20 IM
[RD1 fly, RD2 back, RD3 brst]

Sprint set - 600

24 x 25 :30
[Alt 1 easy, 3 fast, all choice]

Warm down

4 x 50 1:00

Total

4400