



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 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



Saturday

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