



Monday

Warm up - 1000

3 x 100 2:00 [1:45]

2 x 100 2:15 [2:00] alt 50st/50fr

3 x 100 1:45 [1:30]

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

Kick set - 300

3x

1 x 100 2:30 [2:15] build

1:00 [vertical kick]

Freestyle set - 1800

2x

4 x 150 2:30 [2:15] desc 1-4

1 x 300 5:00 [4:30] long & strong

Main set - 800

4 x 50 1:15 [1:05] 1easy/3fast

4 x 100 2:00 [1:45] alt. 1easy/1fast

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

[All swims choice]

Warm down

4 x 50 1:00

Total: 4100



Tuesday

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.....Start and Turn focus

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



Wednesday

Warm up - 1000

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

2x

1 x 100 2:30 [2:15]

1:00 [vertical kick]

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

Main set - 800

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]

Freestyle set - 1600

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

Warm down

4 x 50 1:00

Total: 4000



Thursday

Warm up - 1200

1 x 300 5:00 [4:30]

3 x 100 1:45 [1:30]

12 x 50 1:20 [1:15] alt 2 kick, 2 stroke

Sprint set - 800

4 x 50 :50 [:45]

4 x 50 1:00 [:55] same effort as first four

4 x 50 :50 [:45]

1:00 rest

3 x 50 2:00 [2:00] best effort sprint

1 x 50 easy

[All swims choice]

Freestyle set - 1500

6 x 50 :55 [:50] consistent pace

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

1 x 300 4:45 [4:15] neg split

3 x 100 1:30 [1:20] desc 1-3

6 x 50 :50 [:45] strong NO GEAR

Kick set - 400

1 x 400 10:00 [9:00] build each 100 to fast

Warm down

4 x 50 1:00

Total: 4100



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

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

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

Warm down

4 x 50 1:00

Total: 4300



Saturday

Warm up - 1000

2 x 150 2:45 [2:30]

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

3 x 100 1:45 [1:30]

Kick set - 500

2 x 150 3:45 [3:30]

1:00 [vertical kick]

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

Main set - 800

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]

Freestyle set - 1500

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

Warm down

4 x 50 1:00

Total: 4000