



Monday

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

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: fly arms w/flutter kick]

[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



Tuesday

Warm up.....1000 yds

- 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 yds

- 9 x 50 [1:15] alt 2fast/1easy
- 1 x 50 easy swim

Stroke set.....800 yds

- 4x
- 1 x 50 [1:05] stroke, perfect stroke
- 1 x 100 [2:00] IM or 50st/50fr
- 2 x 25 [:30] fast

Freestyle set.....1950 yds

- 3 x 300 [4:30] desc 1-3
- 3 x 200 [3:00] desc 1-3
- 3 x 100 [1:30] desc 1-3
- 3 x 50 [:50] use line in the sand time

Warm down.....200 yds

- 4 x 50 1:00

Total: 4450



Wednesday

Warm up.....1000 yds

1 x 200 3:15

2 x 150 2:30

3 x 100 1:45 alt. 25st/25fr

4 x 50 1:00 choice

Kick set.....400 yds

2x

4 x 25 :45 underwater - choice

1:00 [vertical kick]

4 x 25 :30 underwater - choice

Main set.....1350 yds

3x

3 x 75 1:30 1easy/2fast

3 x 50 1:00 1easy/2fast

3 x 25 :30 1easy/2fast

[RD1 75s stroke, RD2 50s stroke, RD3 25s stroke]

[All other swims choice]

Freestyle set.....1400 yds

1 x 100 1:30 mod

2 x 150 2:15 last 50 strong

3 x 200 3:00 desc 1-3

2 x 150 2:05 last 50 strong

1 x 100 best effort

Warm down.....200 yds

4 x 50 1:00

Total: 4350



Thursday

Warm up 1200

2 x 200 [3:15]

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

3 x 100 [1:30]

4 x 50 [:50] desc 1-4.....1200

Freestyle set 1800

3 x 300 [4:30] desc 1-3

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

3 x 100 [1:30] desc 1-3.....1800

Stroke set 600

4x

1 x 50 [1:05] stroke, perfect stroke

1 x 100 [2:00] IM or 50st/50fr or 100stroke.....600

Kick set 600

12 x 50 [1:15] alt 2fast/1easy

1 x 50 easy swim.....600

Warm down

4 x 50 1:00

Total: 4400



Friday

Warm up 1300

2 x 150 2:30
8 x 25 :45 choice
3 x 100 2:15 kick
8 x 25 :45 choice
3 x 100 1:30

Freestyle set 1400

3 x 200 3:00 long & strong
3 x 200 2:45 neg split
1 x 200 best effort

Main set 900

6 x 75 1:30 [1-3 stroke/4-6 choice]
6 x 50 1:05 [1-3 stroke/4-6 choice]
6 x 25 :30 [1-3 stroke/4-6 choice]
[Each group: desc 1-3/4-6]

Sprint set 600

2x
1 x 75 1:10 stroke
1 x 50 1:10 stroke
1 x 25 1:10 stroke
1 x 75 1:00 free
1 x 50 1:00 free
1 x 25 1:00 free
[All swims sprint]

Warm down

4 x 50 1:00

Total: 4400



Saturday

Warm up 1300

2 x 150 2:30
8 x 25 :45 choice
3 x 100 2:15 kick
8 x 25 :45 choice
3 x 100 1:30

Freestyle set 1400

3 x 200 3:00 long & strong
3 x 200 2:45 neg split
1 x 200 best effort

Main set 900

6 x 75 1:30 [1-3 stroke/4-6 choice]
6 x 50 1:05 [1-3 stroke/4-6 choice]
6 x 25 :30 [1-3 stroke/4-6 choice]
[Each group: desc 1-3/4-6]

Sprint set 600

2x
1 x 75 1:10 stroke
1 x 50 1:10 stroke
1 x 25 1:10 stroke
1 x 75 1:00 free
1 x 50 1:00 free
1 x 25 1:00 free
[All swims sprint]

Warm down

4 x 50 1:00

Total: 4400