



**Monday**

**Warm up 1000**

3 x 100 [1:45]

3 x 100 [1:45] 50st/50free or IM

3 x 100 [1:30]

2 x 50 [:50] strong

**Kick set 400**

2x

1 x 100 [2:15]

1:00 [vertical kick]

2 x 50 [1:15] fast

**Freestyle set 1800**

3 x 150 [2:10]

3 x 150 [2:05]

3 x 150 [2:00]

3 x 150 [1:55]

[Desc each group 1-3]

**Stroke set 800**

4x

3 x 50 [1:05] fly-back-brst

1 x 50 [1:15] stroke strong choice

**Warm down**

4 x 50 1:00

**Total: 4200**



**Tuesday**

**Warm up - 600**

4 x 50 - 1:00

4 x 25 - :40 stroke

4 x 50 - :50

4 x 25 strong - :30 stroke

**Freestyle Set - 2000**

20 x 100

5 x 100 freestyle - 1:30

5 x 100 freestyle - 1:25

5 x 100 freestyle - 1:20

5 x 100 freestyle - 1:15

**Choice Set - 1200**

3 x 400 - 6:20

**Freestyle Set - 1500**

30 x 50 - :50

**Total - 5300**



**Wednesday**

**Warm up 1400**

2 x 150 [2:30]

3 x 100 [1:45]

4 x 50 [1:05] stroke

3 x 100 [2:15] kick

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

**Main set 500**

10 x 50 [1:15] choice

[#3-6-9 fast, #10 easy, perfect stroke all others]

**Freestyle/stroke set 1900**

5 x 100 [1:30] neg split

2 x 100 [1:45] IM or 50st/50fr

5 x 100 [1:30] neg split

4 x 50 [1:05] stroke

5 x 100 [1:30] neg split & desc 1-5

**Warm down**

4 x 50 1:00

**Total: 4000**



**Thursday**

**Warm up - 1200**

2x

2 x 100 1:45

4 x 50 1:00 choice

8 x 25 :30 strong

**Kick set - 600**

2x

1 x 100 2:15

2 x 50 1:15 build

4 x 25 :45 fast

**IM Set - 3200 - 52 minutes**

4 X

2 X 100 IM or stroke or butterfly - fast - 1:30

2 X 50 backstroke, 1 fast, 1 mod - 1:00

100 freestyle - 1:30

400 IM - strong - 6:00

**Warm Down - 200**

4 X 50 - 1:00

**Total - 5200**



**Friday**

**Warm up**

4 x 150 [2:30]  
6 x 50 [1:05] stroke  
2 x 100 [2:15] kick  
4 x 50 [:50] desc 1-4

**Stroke set**

2 x 50 [1:05] fly  
2 x 50 [1:05] back  
2 x 50 [1:05] brst  
2 x 150 [2:30] IM or 50st/50fr/50st  
[50s: #1 perfect stroke, 2 strong]

**Sprint set**

8 x 50 [1:30] sprint choice  
[#1 & 5 easy]

**Freestyle set**

10 x 150 [2:15] consistent pace w/last 50 strong

**Warm down**

4 x 50 1:00

**Total: 4000**



## **Saturday**

### **Warm up**

2 x 200 [3:15]  
4 x 50 [1:05] stroke  
4 x 100 [1:30]  
4 x 50 [1:15] kick

### **Kick set**

2x  
1 x 100 [2:15] build  
1:00 [vertical kick]

### **Freestyle set**

8 x 100 [1:30] neg split  
3 x 100 [1:25] desc 1-3  
3 x 100 [1:20] make them

### **Sprint set**

1 x 50 [1:00] easy  
2 x 50 [1:00] sprint, #2 100% effort  
1 x 50 [1:00] easy  
3 x 50 [1:00] sprint, #3 100% effort  
1 x 50 [1:00] easy  
4 x 50 [1:00] sprint, #4 100% effort  
1 x 50 [1:00] easy  
3 x 50 [1:00] sprint, #3 100% effort  
1 x 50 [1:00] easy  
2 x 50 [1:00] sprint, #2 100% effort  
1 x 50 [1:00] easy  
[All swims choice]

### **Warm down**

4 x 50 1:00

**Total: 4000**