



Monday

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

4 x 50 1:00

Total: 4200



Tuesday

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: 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

4 x 50 1:00

Total: 4600



Wednesday

Warm up 1000

3 x 100 1:45
4 x 75 1:30 IM/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 600

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

Sprint set 500

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

Freestyle/pull set 2000

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

Warm down

4 x 50 1:00

Total: 4700



Thursday

Warm up 1000

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

Kick set 400

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

Stroke set 800

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 4450



Distance Friday

Warm up 1200

2 X 200 (150 freestyle, 50 stroke) 3:00

4 x 100 Swim - 1:45

2 – Freestyle breathing 3/5/7 by 50.

2 – Freestyle/Head-up/Freestyle

2 – Freestyle/Fly/Freestyle

2 – Freestyle/Back/Freestyle

8 x 50 - 1:00

2 – Drill

2 – Stroke count

2 – Drill

2 – Build to FAST.

Freestyle Set 2400

24 x 100 Freestyle swim - 1:30

Alt 1 x Moderate, 1 x Build, 1 x Fast

Freestyle Set - 1000

2 x

3 x 100 Freestyle swim - 1:30

4 x 50 Freestyle swim - :30

Freestyle Set - 800

(With fins.)

3 x 200 (Kick/swim by 50) - 3:00

4 x 50 Swim w. fins [25 fast, 25 easy] - 1:00

Warm down

4 x 50

Total 5600



Saturday

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

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]

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

Warm down..4 x 50 1:00

Total: 4400