



Monday

Warm up 1200 yds

2x

2 x 100 1:45

4 x 50 1:00 choice

8 x 25 :30 strong

Kick set - IM order 600 yds

2x

1 x 100 2:15

2 x 50 1:15 build

4 x 25 :45 fast

Main set 900 yds

2x

1 x 100 2:00 perfect stroke

1 x 100 2:00 fast

1 x 75 1:30 perfect stroke

1 x 75 1:30 fast

1 x 50 1:00 perfect stroke

1 x 50 1:00 fast

[RD1 and RD2 stroke/IM]

Freestyle set 1500 yds

4 x 75 1:15 desc 1-4

2 x 150 2:15 neg split

1 x 300 4:30 long & strong

2 x 150 2:05 neg split

4 x 75 1:05 desc 1-4

Warm down

4 x 50 1:00

Total: 4400



Tuesday

Warm up 1000

5 x 100 1:45

4 x 75 1:30 Butterfly drill - 2 right arms, 2 left arms, 2 together

4 x 50 :50 desc 1-4

Kick set 400

4 x 100 2:00 Butterfly 25 on side / 25 on back

Main set 1000

4x

1 x 75 1:45 easy

1 x 50 1:00 fast

1 x 50 1:00 easy

1 x 75 1:45 fast

[RD1 fly, RD2 back, RD3 brst, RD4 choice]

Freestyle/pull set 2000

4x

1 x 250 3:30 long & strong

5 x 50 :50 desc 1-5

Warm down

4 x 50 1:00

Total: 4600



Wednesday

Warm up 1800 yds

2 x 200 [3:30]

8 x 50 [1:05] choice

4 x 100 [1:30]

12 x 50 [1:15] kick

Main set...IM order 900 yds

9 x 100 [1:50] choice

[#1/4/7 mod, #2/5/8 build, #3/6/9 strong]

Freestyle set 1650 yds

1 x 400 [5:00] long & strong

4 x 100 [1:30] neg split

2 x 200 [3:00] long & strong

9 x 50 [:50] desc 1-3/4-6/7-9

Warm down 200 yds

4 x 50 1:00

Total:4350



Thursday

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



Friday

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

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] desc 1-3

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

Warm down.....200 yds

4 x 50 1:00

Total: 4450



Saturday

Warm up.....1800 yds

2 x 200 [3:30]

8 x 50 [1:05] choice

4 x 100 [1:30]

12 x 50 [1:15] kick

Main set...IM order...900 yds

9 x 100 [1:50] choice

[#1/4/7 mod, #2/5/8 build, #3/6/9 strong]

Freestyle set.....1650 yds

1 x 400 [5:00] long & strong

4 x 100 [1:30] neg split

2 x 200 [3:00] long & strong

9 x 50 [:50] desc 1-3/4-6/7-9

Warm down.....200 yds

4 x 50 1:00

Total:4350