



## Monday

### Warm up 1200

2 x 150 2:45 [2:30]

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

3 x 100 1:45 [1:30]

6 x 50 1:00 [:50] desc 1-3/4-6

### Kick set 400

1 x 200 5:00 [4:30]

4 x 50 1:20 [1:15] desc 1-4

### Main set 1000

1 x 200 3:30 free mod, stretch it out

2 x 100 2:30 strong choice

4 x 50 1:30 3 strong choice/1 easy

2 x 100 2:30 strong choice

1 x 200 3:30 mod, stretch it out

### Freestyle set 1200

12 x 100 1:40 [1:30] desc in groups of 3 (1-3)

### Warm down

4 x 50 1:00...4000

## Tuesday

### Warm up 1200

4 x 100 2:00 [1:45]

4 x 100 2:00 [1:45] 50st/50fr

4 x 100 1:45 [1:30] desc 1-4

### Kick set 600

3x

1 x 100 2:30 [2:15]

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

### Main set 1000

4x

1 x 50 1:15 [1:05] easy

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

[RD1/3 stroke, RD2/4 choice]

### Freestyle set 1200

1 x 300 4:45 [4:30] long & strong

2 x 200 3:15 [3:00] neg split

3 x 100 1:45 [1:30] desc 1-3

4 x 50 1:00 [:50] strong

### Warm down

4 x 50 1:00

**Total: 4200**

### **Wednesday**

#### **Warm up 1000**

1 x 200 3:30 [3:15]

4 x 100 2:00 [1:45]

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

4 x 50 1:00 [:50] desc 1-4

#### **Kick set 400**

2x

1 x 200 5:00 [4:30]

1:00 [vertical kick]

#### **Freestyle set 1800**

2x

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

2 x 150 2:30 [2:15] last 50 strong

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

#### **Sprint set 600**

4x

1 x 50 1:15 [1:05] easy

2 x 50 1:15 [1:05] sprint

[RD1/3 stroke, RD2/4 choice]

**Warm down** 4 x 50 1:00

**Total: 4000**

### **Thursday**

#### **Warm up 1200**

1 x 300 5:30 [4:45]

3 x 100 2:00 [1:45]

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

6 x 50 1:00 [:50] desc 1-3/4-6

#### **Kick set 400**

2x

1 x 150 3:40 [3:15]  
1 x 50 1:20 [1:15] fast  
1:00 [vertical kick]  
**Freestyle set 1600**  
1 x 400 6:40 [6:00] long & strong  
8 x 50 :55 [:50] desc 1-4/5-8  
1 x 400 neg split  
8 x 50 :55 [:50] desc 1-4/5-8  
**Stroke set 1000**  
2x  
2 x 50 1:10 [1:05] fly  
2 x 50 1:10 [1:05] back  
2 x 50 1:10 [1:05] brst  
1 x 200 4:00 [3:30] IM or alt 50st/50fr  
**Warm down.....**4 x 50 1:00

**Total: 4400**

### **Friday**

#### **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

#### **Kick set 400**

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

#### **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

**Warm down.....**4 x 50 1:00

**Total: 4100**