



Monday

Warm up 1200

2 x 150 3:00

3 x 100 1:45

6 x 50 1:15 stroke 2 of each

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

Main set 1200

1 x 200 5:00 kick

1 x 200 4:30 IM/stroke

1 x 200 3:00 free neg split

1 x 100 2:30 kick

1 x 100 2:00 IM/stroke

1 x 100 1:50 free strong

2 x 50 1:15 kick

2 x 50 1:15 stroke (best stroke)

2 x 50 1:00 free strong

Free/pull set 1750

5x

1 x 200 3:00 long & strong

1 x 100 1:30 85%

1 x 50 1:15 easy

Warm down

4 x 50 1:00

Total: 4150

Tuesday

Warm up.....1200

1 x 300 4:30

3 x 100 1:45

4 x 75 1:30 IM/stroke

6 x 50 :50 desc 1-3/4-6

Kick set 600

2 x 100 2:15

4 x 50 1:15

8 x 25 :45 fast

Freestyle/pull set 1600

4x

1 x 200 3:00 long & strong

1 x 100 1:30 neg split

1 x 50 :45 fast

Main set 1000

4 x 100 1:45 alt 1 easy/1 fast

4 x 75 1:30 alt 1 easy/1 fast

4 x 50 1:00 alt 1 easy/ 1 fast

4 x 25 :45 alt 1 easy/ 1 fast

[All swims choice]

Warm down 200 yds

4 x 50 1:00

Total 4600

Wednesday and Saturday

Warm up.....1000

5 x 100 1:45

4 x 75 1:30 IM per 75 - 1 / 3 technique (drill)

4 x 50 :50 desc 1-4 Freestyle

Kick set....400

1 x 400 8:30 Alt. 25mod/25fast

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 Pull RD 1 / 3, swim RD 2 / 4

1 x 250 3:30 long & strong

5 x 50 :50 desc 1-5

Warm down....200 yds

4 x 50 1:00

Total 4600

Thursday

Warm up.....950

2 x 200 3:15

6 x 25 :40 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.....700

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.....200
4 x 50 1:00

Total: 4500

Friday

Warm up.....1000 yds

3 x 100 1:45
4 x 50 1:05 stroke
3 x 100 1:30
8 x 25 :30 choice

Freestyle/pull.....1800 yds

1 x 300 4:30 long & strong
2 x 150 2:15 neg split
3 x 100 1:30 last 25 strong
4 x 75 1:05 desc 1-4
6 x 50 :45 be consistent
12 x 25 :30 strong

Kick set.....600 yds

1 x 200 4:30 kick
4 x 50 1:15 kick
1 x 100 2:15 kick
4 x 25 :45 kick fast

IM set.....900 yds

4 x 50 1:00 IM order
2 x 200 3:30 IM
4 x 25 :45 IM order
2 x 100 1:45 IM

Warm down.....200 yds

4 x 50 1:00.....Total: 4500