



Monday

Warm up.....900 yds

2 x 150 [2:30]

3 x 100 [1:30] 25 catch up drill / 25 swim

6 x 50 [1:05] stroke

Kick set.....400 yds

2x

1 x 150 [3:15]

1:00 vertical kick

1 x 50 [1:15] fast

Stroke set.....1000 yds

4 x 50 [1:05] fly

4 x 50 [1:05] back

4 x 50 [1:05] brst

4 x 50 [1:00] free

1 x 200 IM

Free/pull set.....1500 yds

3 x 200 [3:00] long & strong

3 x 150 [2:10] last 50 strong

3 x 100 [1:20] neg split

3 x 50 [:50] desc 1-3

Warm down....200 yds

4 x 50 1:00

Total: 4000

Tuesday

Warm up.....1200 yds

1 x 300 4:30 25 count the number of strokes / look to reduce 2 strokes the remainder of the 300.

3 x 100 1:45

4 x 75 1:30 IM/stroke

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

Kick set.....600 yds

2 x 100 2:15

4 x 50 1:15

8 x 25 :45 fast

Freestyle/pull set.....1400 yds

4x

1 x 200 3:00 long & strong

1 x 100 1:30 neg split
1 x 50 :45 fast
Main set.....1000 yds
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
4 x 50 1:00

Total: 4400

Wednesday/Saturday

Warm up.....1000 yds
8 x 75 1:20
8 x 50 1:00 choice - 25 your favorite backstroke drill / 25 swim
Kick set....450 yds
6 x 75 1:40 last 25 fast
Stroke set.....600 yds
4x
1 x 25 :40 perfect stroke
1 x 50 1:10 build
1 x 75 1:30 strong
[RD1 fly, RD2 back, RD3 brst, RD4 choice]
Sprint set.....600 yds
4x
3 x 25 :45 desc 1-3
1 x 25 :45 easy free
1 x 50 1:15 fast
[RD1/2 stroke, RD3/4 choice]
Freestyle/pull.....1400 yds
2x
1 x 200 3:00
1 x 100 1:30
1 x 50 1:00
1 x 50 :50
1 x 100 1:20
1 x 200 2:40
Warm down.....200 yds
4 x 50 1:00

Total: 4250

Thursday

Warm up.....1000 yds
4 x 150 2:30
4 x 75 1:30 IM/stroke

4 x 25 :30 strong
Kick set....500 yds
1 x 200 4:30
3 x 100 2:15 desc 1-3
Stroke set 2x.....600 yds
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 yds
2 x 250 3:45 long & strong
5 x 100 1:30 last 25 strong
10 x 50 :45 strong and consistent
Sprint set 2x 600 yds
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
[All swims choice]
Warm down
4 x 50 1:00

Total: 4400

Friday
Warm up.....1000 yds
3 x 100 1:45 - Tri's - 25 sighting / 25 swim
4 x 75 1:30 IM/stroke
3 x 100 1:30
4 x 25 :30 strong
Kick set.....400 yds
1 x 200 4:30
8 x 25 :40 fast
Stroke set.....600 yds
3x
3 x 25 :40
1 x 125 2:20 IM
[RD1 fly, RD2 back, RD3 brst]
Sprint set.....500 yds
20 x 25 :30
[Alt 1 easy, 3 fast, all choice]
Freestyle/pull set.....2000 yds
20 x 100 1:30
[Alt 1 easy/3 strong]
Warm down.....200 yds
4 x 50 1:00

Total: 4700

