



Swims for the week of December 19, 2022

Monday 4100

Warm up 1000

2 x 150 2:45 [2:30]

3 x 100 2:00 [1:45] 50 touch shoulder drill/50 swim

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

4 x 50 1:00 [:50] desc

Free/pull set 1100

4 x 50 1:00 [1:00] stretch it out

3 x 100 1:40 [1:30] desc 1-4

3 x 200 3:10 [3:00] neg split

Main set 1500

3x

4 x 50 1:10 [1:05]

3 x 100 2:10 [2:00] desc 1-3

[RD1 IM, RD2 stroke, RD3 choice]

Kick set 300

1 x 100 2:30 [2:15]

4 x 50 1:20 [1:15] 25fast/25easy

Warm down

4 x 50 1:00

Total: 4100

Tuesday 4300

Warm up 900

6 x 50 1:00 [1:00] 50 finger tip drill/ 50 swim

3 x 100 1:45 [1:30]

2 x 150 3:00 [2:45] IM

Free/pull set 1500

1 x 1500 37:00

Stroke set 800

4x

1 x 50 1:15 [1:10] drill
1 x 150 3:00 [2:50] IM
[Fly drill: fly arms w/flutter kick]
[Back drill: 2-arm swim]
[Brst drill: 2 kicks, 1 pull breathe only on pull]
[Free drill: catch-up]

Kick set 400

8 x 50 1:20 25fast/25easy

Sprint set 500

9 x 50 1:10 [1:05] alt 1easy/2fast

1 x 50 easy

[All swims choice]..

Warm down

4 x 50 1:00

Total: 4300

Wednesday

Warm up 1200

3 x 100 2:00 [1:45]

3 x 100 2:00 [2:00] 25 One arm freestyle drill / 25 swim

3 x 100 2:30 [2:15] kick

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

Kick set 300

3x

1:00 [vertical kick]

1 x 100 [2:15] [2:00] swim w/focus on strong overdrive kick

Freestyle set 1500

1 x 200 3:20 [3:00] long & strong

3 x 150 2:30 [2:15] neg split

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

7 x 50 :50 [:45] strong

Sprint set 800

4x

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

1 x 50 1:30 [1:30] build

1 x 100 2:30 [2:15] sprint

[All swims choice]

Warm down

4 x 50 1:00

Total: 4000

Friday 4100

Warm up - 900

1 x 200 3:30 [3:15]

3 x 100 1:45 [1:30]

8 x 50 1:10 [1:05] choice

Main set - 1600

4x

1 x 100 2:30 [2:15] kick

1 x 100 2:15 [2:00] 50 choice drill/50 swim

1 x 100 2:15 [2:00] IM

1 x 100 2:00 [1:30] free 50fast/50easy

[Fly drill: 3 strokes left arm only, 3 right, 3 both]

[Back drill: 3 strokes left arm only, 3 right, 3 both]

[Brst drill: 2 kicks, 1 pull breathe on pull only]

[Free drill: fist drill]

Free/pull set - 1400

1 x 400 6:30 [5:45] long & strong

12 x 50 1:00 [:50] desc 1-3/4-6/7-9/10-12

1 x 400 6:30 [5:45] neg split

Warm down

4 x 50 1:00

Total: 4100

Saturday

Warm up 1200

3 x 100 2:00 [1:45]

6 x 50 1:10 [1:05] 25 catch up drill/25 swim

3 x 100 1:45 [1:30]

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

Kick set 600

3x

1 x 100 2:30 [2:15]

1:00 [vertical kick]

1 x 100 2:30 [2:15]

Choice set 700

1 x 50 1:10 [1:05] fast

1 x 50 1:10 [1:05] easy

2 x 50 1:10 [1:05] fast

1 x 50 1:10 [1:05] easy

3 x 50 1:10 [1:05] fast

1 x 50 1:10 [1:05] easy

4 x 50 1:10 [1:05] fast
1 x 50 1:10 [1:05] easy

[All swims choice]

Freestyle set 1400

2x

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

1 x 200 3:15 [3:00] strong

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

1 x 100 1:45 [1:30] strong

Warm down

4 x 50 1:00

Total: 4100

Monday

3 x 100 2:00 [1:45]

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

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

4 x 50 1:00 [:50] choice

Kick set - 400

8 x 50 1:20 [1:15] desc 1-4/5-8

Stroke set - 800

4x

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

1 x 50 1:15 [1:05] 25fast/25easv

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

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

[RD1 flv. RD2 back. RD3 brst. RD4 choice]

Free/bull set - 1600

4x

2 x 50 1:00 [1:00]

2 x 50 :55 [:55]

2 x 50 :50 [:50]

2 x 50 :45 [:45]

Warm down - 200

4 x 50 1:00

Tuesday

1 x 200 3:30 [3:15]

4 x 100 1:45 [1:30]

8 x 50 1:10 [1:05] choice

Kick set - 500

1 x 200 5:00 [4:30]

3 x 100 2:30 [2:15] last 25 fast

Wednesday

1 x 200 3:30 [3:15]
6 x 50 1:15 [1:05] stroke
3 x 100 1:45 [1:30]
6 x 50 1:00 [1:50] desc 1-3/4-6
Kick set - 500
2 x 150 3:45 [3:15]
4 x 50 1:20 [1:15] desc 1-4
Stroke set - 600
4x
1 x 50 1:10 [1:05] 25strong/25easv
1 x 50 1:10 [1:05] strong
1 x 50 1:10 [1:05] easv
[RD1 flv. RD2 back. RD3 brst. RD4 choice]
Free/Pull set - 1000
2x
1 x 250 4:00 [3:40] long & strong
5 x 50 1:00 [1:50] desc 1-5
Sprint set - 600
3x
1 x 50 :45 [1:40]
1 x 50 :50 [1:45]
1 x 50 :55 [1:50]
1 x 50 1:00 [1:00] easv
[All swims choice]
[Hold strong pace on each 50]
Warm down
4 x 50 1:00

Thursday

4 x 100 2:00 [1:45]
8 x 50 1:15 [1:15] choice
4 x 100 1:45 [1:30]
Kick set - 400
8 x 50 1:20 [1:15]
IM/stroke set - 1200
3x
1 x 100 2:15 [2:00] 25strong/75easv
1 x 100 2:15 [2:00] 50strong/50easv
1 x 100 2:15 [2:00] 75strong/25easv
1 x 100 2:15 [2:15] 100strong
[RD1 IM. RD2 stroke. RD3 choice]
Free/Pull set - 1000
1 x 400 6:30 [5:45] 200strong/200mod
1 x 300 5:00 [4:15] 150strong/150mod

Friday

1 x 200 3:30 [3:15]
6 x 50 1:15 [1:05] stroke
3 x 100 1:45 [1:30]
6 x 50 1:00 [1:50] desc 1-3/4-6
Stroke set....600
4x
1 x 50 1:10 [1:05] 25strong/25easv
1 x 50 1:10 [1:05] strong
1 x 50 1:10 [1:05] easy
[RD1 flv. RD2 back. RD3 brst. RD4 choice]
Free/Pull set....1000
2x
1 x 250 4:00 [3:40] long & strong
5 x 50 1:00 [1:50] desc 1-5
Kick set.....500
2 x 150 3:45 [3:15]
4 x 50 1:20 [1:15] desc 1-4
Sprint set....600
3x
1 x 50 :45 [1:40]
1 x 50 :50 [1:45]
1 x 50 :55 [1:50]
1 x 50 1:00 [1:00] easv
[All swims choice]
[Hold strong pace on each 50]
Warm down
4 x 50 1:00

Saturday

2 x 150 3:00 [2:30] 50st/50fr/50st
3 x 100 1:45 [1:30]
Kick set.....500
1 x 50 1:20 [1:15]
1 x 100 2:30 [2:15]
1 x 150 3:45 [3:15]
1 x 200 5:00 [4:30]
Stroke set....1200
2x
1 x 50 1:00 [1:00] free easy
1 x 100 2:00 [1:45] stroke 50drill/50swim
1 x 150 3:00 [2:30] 50st/50fr/50st
1 x 200 4:00 [3:30] IM
[Flv drill: 3 stroke right arm. 3 left. 3 both]
[Back drill: 2-arm]

