



Swims for the week of December 5, 2022

Monday

Warm up 1300

3 x 100 2:00

8 x 50 1:15 alt 2 finger tip drill /2 swims

3 x 100 2:30 kick

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

Main set 800

1 x 50 1:05 easy

1 x 50 1:05 fast free

1 x 50 1:05 easy

2 x 50 1:05 fast breast

1 x 50 1:05 easy

3 x 50 1:05 fast back

1 x 50 1:05 easy

4 x 50 1:05 fast fly

Freestyle set 1500

1 x 50 :50 mod

1 x 100 1:40 long & strong

1 x 150 2:30 last 50 strong

1 x 200 3:20 neg split

1 x 250 4:10 last 100 strong

1 x 250 3:45 last 100 strong

1 x 200 3:00 neg split

1 x 150 2:15 last 50 strong

1 x 100 1:30 build

1 x 50 :45 strong

Kick set 400

1 x 50 1:30

1:00 [vertical kick]

1 x 100 2:30

1:00 [vertical kick]

1 x 200 5:00

1:00 [vertical kick]

1 x 50 easy kick.....

Warm down

4 x 50 1:00

Total: 4200

Tuesday

Warm up 1000

6 x 100 2:00 [1:45]

8 x 50 1:10 [1:05] choice of stroke drill

Kick set 300

3 x 50 1:20 [1:15]

3 x 1:00 [vertical kick]

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

Stroke set 600

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

4 x 100 2:00 [1:45] strong

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

Sprint set 400

8 x 50 1:15 [1:05] alt 1 easy/1 fast choice

Free/pull set 1500

9 x 100 1:40 [1:30] desc 1-3/4-6/7-9

1 x 100 2:00 [1:45] best effort

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

1 x 50 best effort

Warm down

4 x 50 1:00

Total: 4000

Wednesday

Warm up 1200

3 x 100 2:00 [1:45]

3 x 100 2:00 [2:00] Drill 50 One arm freestyle / 50 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

Thursday

Warm up 1200

3 x 100 2:00 [1:45]
6 x 50 1:10 [1:05] 25 fist 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

Friday

Warm up 1400

4 x 100 2:00

3 x 100 2:00 50 catch-up drill / 50 swim

3 x 100 2:00 IM or 50st/50fr

4 x 100 2:30 kick, last 25 fast

Main set 900

3x

1 x 100 2:15 easy

1 x 50 1:15 fast

1 x 50 1:15 easy

1 x 100 2:15 fast

[RD1 stroke, RD2 free, RD3 choice]

Free/pull set 1800

8 x 50 :50 consistent pace

1 x 400 6:40 long & strong holding pace

6 x 50 :50 build to fast

1 x 300 5:00 neg split

4 x 50 :50 desc

1 x 200 3:20 neg split

Warm down

4 x 50 1:00

Total: 4300

Saturday**Warm up 1100**

2 x 150 [2:30]

3 x 100 [2:00] 50 choice of stroke drill /50 swim

3 x 100 [1:30] desc

4 x 50 [1:00] choice

Kick set 300

2 x 150 [3:15] last 50 fast

IM/stroke set 600

3x

2 x 50 [1:15] stroke

1 x 50 [1:15] stroke 90%

1 x 50 [1:15] free easy

[All three rounds choice stroke]

Freestyle set 700

1 x 50 [1:00] fast

1 x 50 [1:15] easy

2 x 50 [1:00] fast

1 x 50 [1:15] easy

3 x 50 [1:00] fast

1 x 50 [1:15] easy
4 x 50 [1:00] fast
1 x 50 [1:15] easy
Free/pull set 1200
4x
1 x 150 [2:15] moderate
1 x 150 [2:15] strong
[Be consistent on all strong swims]
Warm down
4 x 50 1:00

Total: 4100

Week of December 12, 2022

Monday

Warm up 1300

2x
1 X 250 4:15
4 X 100 1:45

Kick Set 500

1 X 500 kick

IM Set 1000

5 X 200 4:15
Swim 2X100 IM. Negative split the 200

Freestyle Set 1700

17 X 100 free 2:00
#3-6-9-12-15 @ 85/90%
#16&17 easy swim down

Warm Down

4 x 50 1:00

4500M

Tuesday

Warm up 1100

3 x 100 2:00
8 x 50 1:15 alt 2fist drill/2regular
3 x 100 2:30 kick
6 x 50 :50 desc 1-3/4-6

Main set 800

1 x 50 1:05 easy
1 x 50 1:05 fast free
1 x 50 1:05 easy
2 x 50 1:05 fast breast
1 x 50 1:05 easy

3 x 50 1:05 fast back

1 x 50 1:05 easy

4 x 50 1:05 fast fly

Freestyle set 1500

1 x 50 :50 mod

1 x 100 1:40 long & strong

1 x 150 2:30 last 50 strong

1 x 200 3:20 neg split

1 x 250 4:10 last 100 strong

1 x 250 3:45 last 100 strong

1 x 200 3:00 neg split

1 x 150 2:15 last 50 strong

1 x 100 1:30 build

1 x 50 :45 strong

Kick set 400

1 x 50 1:30

1:00 [vertical kick]

1 x 100 2:30

1:00 [vertical kick]

1 x 200 5:00

1:00 [vertical kick]

1 x 50 easy kick.....

Warm down

4 x 50 1:00

Total: 4100

Wednesday

Warm up - 1200

2 x 200 3:45 [3:30]

4 x 100 1:45 [1:30]

8 x 50 1:05 [1:00] choice

Kick set - 400

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

Freestyle set - 600

3x

1 x 100 2:00 [2:00] easy

1 x 100 2:00 [2:00] 90%

IM/stroke set - 600

4x

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

1 x 50 1:15 [1:15] stroke 90%

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

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

Free/pull set - 1200

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

3 x 150 2:15 [2:05] desc 1-3

1 x 150 best effort

Warm down

4 x 50 1:00

Total: 4200

Thursday - 4100

Warm up - 1300

2 x 150 2:45 [2:30]

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

3 x 100 1:45 [1:30]

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

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

Kick set - 500

1 x 200 5:00 [4:30]

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

IM/stroke set - 600

3x

3 x 50 1:15 [1:15] desc 1-3

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

[RD1 fly, RD2 back, RD3 breast]

Free/pull set - 1500

2 x 200 3:20 [3:00] neg split

4 x 50 1:00 [1:00] descend

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

4 x 50 :50 [:50] descend

2 x 100 1:40 [1:20] strong

4 x 50 :45 [:45] fast

Warm down

4 x 50 1:00

Total: 4100

Friday 4200

Warm up - 900

2 x 150 3:00 [2:30]

3 x 100 1:45 [1:30]

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

Free/Pull set - 1900

1 x 400 6:40 [6:00] long & strong
1 x 300 5:00 [4:30] alt 50strong/50mod
1 x 200 3:20 [3:00] neg split
1 x 100 1:40 [1:30] mod
1 x 200 3:00 [2:40] neg split
1 x 300 4:30 [4:00] alt 50strong/50mod
1 x 400 6:00 [5:20] long & strong

Stroke set - 800

4x

1 x 50 1:15 [1:05] 25fly/25back
1 x 50 1:15 [1:05] 25brst/25free
1 x 100 2:15 [2:00] IM

Kick set - 400

4x

1 x 50 1:20 [1:15]
:30 [vertical kick]
1 x 50 1:20 [1:15]

Warm down

4 x 50 1:00

Total: 4200

Saturday - 4200

Warm up - 900

2 x 150 3:00 [2:30]
3 x 100 1:45 [1:30]
6 x 50 1:15 [1:05] choice

Free/Pull set - 1900

1 x 400 6:40 [6:00] long & strong
1 x 300 5:00 [4:30] alt 50strong/50mod
1 x 200 3:20 [3:00] neg split
1 x 100 1:40 [1:30] mod
1 x 200 3:00 [2:40] neg split
1 x 300 4:30 [4:00] alt 50strong/50mod
1 x 400 6:00 [5:20] long & strong

Stroke set - 800

4x

1 x 50 1:15 [1:05] 25fly/25back
1 x 50 1:15 [1:05] 25brst/25free
1 x 100 2:15 [2:00] IM

Kick set - 400

4x

1 x 50 1:20 [1:15]

:30 [vertical kick]
1 x 50 1:20 [1:15]
Warm down
4 x 50 1:00

Total: 4200