



Monday

Warm up.....1100

1 x 200 3:45 [3:15]

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

1 x 200 3:15 [3:00]

6 x 50 1:00 [1:00] choice

Freestyle sprint set.....900

1 x 200 4:00 [3:30]

[4-6 sprint dolphin kicks, 8 sprint strokes off each wall]

3x

4 x 50 1:15 [1:15]

[1 - 25 fast w/4 fast dolphin kicks]

[2 - 35 fast w/4 fast dolphin kicks]

[3 - 50 fast w/4 fast dolphin kicks]

[4 - easy breathing every 7 strokes]

2 x 50 2:30 [2:30] [hitting 100 goal time for combined two 50s]

Kick set.....300

3x

1 x 50 1:20 [1:15]

:30 vertical kick

1 x 50 1:30 [1:30]

IM/stroke set.....500

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

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

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

1 x 50 easy

Free/Pull set.....1000

5 x 200 3:05 [3:00] neg split

Warm down

4 x 50 1:00.....Total: 4000

Tuesday

Warm up.....1200

4 x 100 2:00 [1:45]

2 x 200 4:00 [3:30] 50st/50fr/50st/50fr

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

Main set....1800

1 x 300 7:30 [6:45] kick

1 x 200 5:00 [4:30] kick

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

1 x 300 6:00 [5:30] IM

1 x 200 4:00 [3:30] IM

1 x 100 2:00 [1:45] IM

1 x 300 4:45 [4:15] free-pull

1 x 200 3:10 [2:45] free-pull

1 x 100 1:30 [1:15] free-pull

Freestyle set.....1000

18 x 50 1:00 [1:00] pace

:30 rest

1 x 100 best effort

Warm down

4 x 50 1:00

Total: 4200

Wednesday

Warm up 1300

2x

1 X 250 4:15 4:15

4 X 100 1:45 1:40

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

Total: 4500

Thursday

Warm up - 1100

2 x 200 3:45 [3:15]

4 x 100 1:45 [1:30]

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

Main set - 1800

12 x 50 1:20 [1:15] kick alt 1fast/1easy

12 x 50 1:15 [1:15] stroke alt 1fast/1easy

12 x 50 1:00 [1:00] free alt 1fast/1easy

Freestyle/pull set - 1200

12 x 100 1:40 [1:30]

[1-2 long & strong, 3-5 build, 6-8 desc, 9-11 fast, 12 warm down]

Warm down

4 x 50 1:00

Total: 4300

Friday

Warm up - 1100

4 x 100 2:00 [1:45]

6 x 50 1:15 [1:15] stroke 2 of each

4 x 100 1:45 [1:30]

Kick set - 400

2 x 100 2:30 [2:15]

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

IM/stroke set - 900

3x

3 x 50 1:15 [1:15] stroke, 1-drill, 2-perfect stroke, 3-mod

1 x 150 3:00 [2:30] IM

[50s: round of each stroke]

[Fly drill: 2strokes right arm, 2 left arm, 2 both arms]

[Back drill: 25 only right arm, 25 only left arm]

[Brst drill: breaststroke arms, flutter kick]

Freestyle/pull set - 1500

3 x 150 2:30 [2:15] long & strong

5 x 50 1:00 [1:00] all strong

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

4 x 50 :50 [:50] desc

1 x 150 2:30 [2:15] mod

3 x 50 :45 [:45] best effort

Warm down

4 x 50 1:00

Total: 4100

Saturday

Warm up....1000

1 x 200 3:45 [3:15]

2 x 150 2:45 [2:15]

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

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

Main set.....900

3x

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

1 x 100 2:00 [1:45] IM

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

[Desc by round]

Sprint set.....900

6x

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

1 x 50 1:15 [1:15] 25fast/25easy w/good dolphin kicks & breakout

1 x 50 1:30 [1:30] fast w/good dolphin kicks & breakout

[RD1-3 stroke, RD4-6 free]

Freestyle/pull set....1000

4 x 200 3:05 [2:45] [150 long & strong, 50 fast]

1:00 rest

1 x 200 best effort

Warm down

4 x 50 1:00

Total: 4000