



**Week of October 17, 2022**

**Monday**

**Warm up.....1100**

4 x 100 1:45

4 x 100 1:45 alt. 25st/25fr

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

**Kick set.....500**

3 x 50 1:15

3 x 50 1:10

3 x 50 1:05

1 x 50 easy swim

**Stroke set.....600**

4x

2 x 25 :45 perfect stroke

1 x 100 2:00 stroke/IM strong

**Sprint set.....500**

4 x 50 1:30 fast

3 x 50 1:15 fast

2 x 50 1:00 fast

1 x 50 easy

[All swims choice]

**Freestyle set.....1500**

6 x 100 1:30 desc 1-3/4-6

5 x 100 1:25 neg split

4 x 100 1:20 strong

**Warm down.....4 x 50 1:00**

Total: 4400

**Tuesday**

**Warm up.....1000**

2 x 200 3:15

2 x 150 3:00 50st/50fr/50st

4 x 50 1:00 choice

4 x 25 :30 strong

**Kick set.....450**

3x

1 x 75 1:45

1:00 [vertical kick]

3 x 25 :45 fast

**Sprint set.....750**

3 x 50 1:45

5 x 50 1:30

7 x 50 1:00

[Sprint, all swims choice]

**Freestyle set.....1800**

3 x 200 3:00 neg split

6 x 100 1:30 desc 1-3/4-6

12 x 50 :50 consistent pace

**Warm down.....4 x 50 1:00**

Total: 4200

### **Wednesday**

**Warm up 1500**

2 x 200 3:15

4 x 50 1:00 stroke

2 x 150 3:30 kick

4 x 100 1:30

8 x 25 :30 strong

**Stroke set.....750**

3x

4 x 25 :45 perfect stroke

1 x 50 1:15 easy free

1 x 100 2:15 strong

[RD1 best stroke, no free, RD2/3 choice]

**Freestyle set.....1400**

1 x 400 5:45 long & strong

1 x 100 1:30 strong

1 x 300 4:15 long & strong

1 x 100 1:30 strong

1 x 200 3:00 long & strong

1 x 100 1:30 strong

1 x 100 1:30 long & strong

1 x 100 best effort

**Sprint set.....500**

20 x 25 :40 alt 3fast/1easy choice

**Warm down.....4 x 50 1:00**

Total: 4350

## **Thursday**

### **Warm up.....1200**

2 x 150 2:30

3 x 100 1:30

4 x 75 1:45 kick

4 x 75 1:30 IM/stroke

### **Main set.....1100**

1 x 200 4:00 100kick/100 stroke mod

1 x 200 4:00 100kick/100 IM mod

1 x 200 4:00 100kick/100 free mod

1 x 50 1:00 easy free

1 x 100 2:00 stroke strong

1 x 50 1:00 easy free

1 x 100 2:00 IM strong

1 x 50 1:00 easy free

1 x 100 1:45 free strong

1 x 50 1:00 easy free

### **Sprint set.....600**

3x

2 x 25 :45 easy

2 x 25 :45 sprint

1 x 50 1:15 easy

1 x 50 1:15 sprint

[RD1 stroke, RD2/3 choice]

### **Freestyle/pull set.....1200**

1 x 300 4:30 long & strong

2 x 150 2:15 last 50 strong

3 x 100 1:30 desc 1-3

4 x 75 1:05 last 25 strong

### **Warm down**

4 x 50 1:00

Total: 4300

## **Friday**

### **Warm up.....900**

3 x 100 1:45

3 x 100 2:00 alt 25st/25fr

3 x 100 1:30

**Kick set.....400**

8 x 50 1:15 25mod/25fast

**Main set.....1000**

1 x 25 :45 easy

3 x 25 :45 strong

1 x 50 1:15 easy

3 x 50 1:15 strong

1 x 75 1:30 easy

3 x 75 1:30 strong

1 x 100 2:15 easy

3 x 100 2:15 strong

[All swims choice]

**Freestyle set.....2000**

1 x 400 5:45 long & strong

2 x 300 4:15 neg split

3 x 200 3:00 desc 1-3

4 x 100 1:30 strong & consistent

**Warm down.....4 x 50 1:00**

Total: 4500

**Week of Oct. 24, 2022 Monday**

**Warm up 1400**

4 x 100 1:45

6 x 25 :40 Alt drill / swim by 25 - drill choice

3 x 100 2:10 kick

6 x 25 :40 choice

4 x 100 1:30

**Main set 1400**

2x

2 x 25 :40

1 x 50 1:10

3 x 25 :40

1 x 75 1:30

4 x 25 :40

1 x 100 2:00

3 x 25 :40

1 x 75 1:30

2 x 25 :40

1 x 50 1:10

[RD1 25s fast, RD2 50s/75s/100 fast; all other swims mod w/perfect stroke]

[All swims choice]

**Freestyle set 1350**

3 x 150 2:15 long & strong

3 x 150 2:10 neg split

3 x 150 2:05 desc 1-3  
**Warm down**.....4 x 50 1:00

Total: 4350

### **Thursday**

#### **Warm up 1200**

2 x 200 3:15  
8 x 25 :45 stroke  
4 x 100 1:30  
8 x 25 :30 strong

#### **Kick set 400**

1 x 100 2:15  
8 x 25 :45 fast  
1 x 100 2:15

#### **Stroke set 450**

6 x 75 1:30 IM or stroke  
[IMers: #1/2 strong fly, #3/4 strong back, #5/6 strong brst]

#### **Sprint set 750**

1 x 50 1:00 easy  
6 x 25 :20 sprint  
1 x 50 1:00 easy  
8 x 25 :25 sprint  
1 x 50 1:00 easy  
10 x 25 :30 sprint  
[All swims choice]

#### **Freestyle set 1500**

5x  
1 x 225 3:25 long & strong  
1 x 75 1:05 strong  
**Warm down**.....4 x 50 1:00

Total: 4500

### **Friday and Saturday**

#### **Warm up 1200**

2x  
1 x 200 3:15  
1 x 150 2:30  
1 x 100 2:15 kick - freestyle kick on the side  
1 x 75 1:15  
1 x 50 1:15 stroke

1 x 25 :30 strong.....1200 yds

**Main set -stroke/free/choice 1500**

20 x 25 :45 stroke alt. 1easy/4fast

20 x 25 :30 free alt. 1easy/4fast

10 x 50 1:05 choice alt. 1easy/1fast.....1500 yds

**Freestyle set 1400**

1 x 100 1:30 mod

1 x 200 3:00 neg split

1 x 400 6:00 long & strong

1 x 400 **5:30** long & strong

1 x 200 **2:45** neg split

1 x 100 best effort.....1400 yds

**Warm down**

4 x 50 1:00

Total: 4300