



**Monday Swims for the week of September 19, 2022**

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

1 x 200 [3:15]  
4 x 100 [1:30]  
8 x 50 [1:05] choice

**Free/pull set.....1800**

3x  
1 x 200 [3:00]  
1 x 200 [2:50]  
1 x 200 [2:40]

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

1 x 200 [4:30]  
3 x 100 [2:15] last 25 fast

**Main set.....900**

3x  
1 x 100 [1:45] easy  
1 x 50 [1:00] fast  
1 x 50 [1:00] easy  
1 x 100 [1:45] fast  
[RD1 best stroke no free, RD2/3 choice]

**Warm down**

4 x 50 1:00

**Total: 4400**

**Tuesday**

**Warm up....900**

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

**Free/Pull set.....1900**

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

**Stroke set.....800**

4x

1 x 50 [1:15] drill  
1 x 50 [1:15] 25perfect stroke/25easy free  
1 x 100 [2:00] strong  
[RD1 fly, RD2 back, RD3 brst, RD4 choice]  
[Fly drill: fly arms w/flutter kick]  
[Back drill: right arm only 25, left arm only 25]  
[Brst drill: 2 kicks, 1 pull breathe on pull only]  
[Free drill: right arm only 25, left arm only 25]  
**Kick set.....400**  
4x  
1 x 50 [1:15]  
:30 [vertical kick]  
1 x 50 [1:15]  
**Warm down....4 x 50 1:00**

**Total: 4200**

### **Wednesday**

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

1 x 200 [3:15]  
6 x 50 [1:05] stroke 2 of each  
3 x 100 [1:30]  
6 x 50 [:50] desc 1-3/4-6

#### **Free/pull set.....1500**

3 x 100 [1:30]  
4 x 50 [:45]  
3 x 100 [1:25]  
4 x 50 [:50]  
3 x 100 [1:15]  
4 x 50 [:55]  
[Goal: be consistent on all 100s and 50s...hold pace]

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

2 x 150 [3:15]  
4 x 50 [1:15]

#### **Stroke set.....800**

4x  
1 x 50 [1:05] 25fly/25back  
1 x 50 [1:05] 25brst/25free  
1 x 100 [2:00] IM  
**Warm down.....4 x 50 1:00**

**Total: 4100**

### **Thursday**

#### **Warm up 800**

4 x 75 1:20  
4 x 75 1:30 IM/stroke  
4 x 50 :50 desc 1-4

**Freestyle set 1400**

4 x 200 [3:00] long & strong  
4 x 100 [1:30] neg split.....6  
4 x 50 [:45] NO GEAR desc 1-4.....5

**Kick set 300**

3 x 100 2:15 last 25 fast

**Main set 1200**

3x  
1 x 100 1:30  
1 x 75 1:10  
3 x 50 :50  
3 x 25 :30

**Sprint set 700**

2x  
2 x 100 [4:00] sprint choice  
2 x 50 [2:00] sprint choice  
1 x 50 1:00 easy

**Total: 4400**

**Friday****Warm up 1100**

4 x 150 [2:30]  
6 x 50 [1:05] stroke 2 of each  
4 x 50 [:50] desc 1-4

**Freestyle set 1500**

2 x 400 [5:45] long & strong  
2 x 200 [3:00] neg split  
2 x 100 [1:30] desc 1-2  
2 x 50 [:45] strong

**Kick set 400**

4x  
1 x 50 [1:15] 25easy/25fast  
1 x 50 [1:15] 25fast/25easy  
1:00 [vertical kick]

**Main set 900**

3x  
1 x 100 [1:45] easy  
1 x 50 [1:15] fast  
1 x 50 [1:15] easy  
1 x 100 [1:45] fast  
[Fast swims: RD1 best stroke, no free, RD2-3 choice]

**Warm down**

4 x 50 1:00

**Total: 4100**