



Swims for the week of September 26, 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.....1200

2 x 150 2:30

3 x 100 1:30 25 drill/25 swim

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

Wednesday

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

Thursday

Warm up.....900

3 x 100 1:45

3 x 100 2:00 alt 25 drill/25 swim

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

Friday

Warm up....1100

2 x 200 3:30 [3:15]

6 x 50 1:05 [1:00] 25fist drill/25swim

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

Main set.....1200

3x

1 x 300 6:15 [5:45] 1st 100 kick, 2nd stroke, 3rd free

1 x 100 2:30 [2:00] strong

[100s: RD1 kick, RD2 stroke, RD3 choice]

Freestyle set....1000

2x

3 x 150 2:20 [2:05] desc 1-3

1 x 50 1:10 [1:00] best effort

Sprint set.....600

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

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

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

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

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

4 x 50 1:10 [1:05] sprint

[All swims choice]

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

Total: 4100