



Week of  
January 2, 2023  
to  
January 7, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Monday**

Warm Up Set: 1500 yards

300 Free on 4:30  
3 x 100 Free on 1:30  
6 x 50 Free on 0.50  
3 x 100 kick on 2:00  
300 Free on 4:30

Main Set 1: 1600 yards

4 x 50 Stroke on 1:15  
200 IM on 3:30

(4 rounds, rotate strokes in IM order for each round (first round fly, second round back, etc.)

Main Set 2: 1400 yards

400 Free on 6:00  
400 IM on 7:00  
200 Free on 3:00  
200 IM on 3:30  
100 Free on 1:30  
100 IM on 1:45

Warm Down Set: 900 yards

12 x 75, IM order, Swim/Drill/Kick on 1:30

Total: 5,400 yards

Adjust intervals as needed for your skill level and speed. You're looking for no more than 10 seconds rest per 100 yards.



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## **Tuesday**

Warm Up: 1000 yards

200 swim on 3:00  
200 drill/swim on 4:00  
200 kick/swim on 4:00  
200 stroke/free on 3:30  
200 pull on 3:30

Kick Set: 500 yards

10 x 50 on 1:15, 25 fast/25 easy  
Options:  
Underwater kick  
Board overhead  
Zombie arms  
Tombstone board  
Streamline

Main Set: 2100 yards

3 rounds as follows:

6 x 25 fly on 0:30, odds moderate and evens fast  
50 choice easy on 1:00  
2 x 75 back on 1:15, 1 build and 1 strong  
50 choice easy on 1:00  
3 x 50 breast on 1:00, descend 1 to 3  
50 choice easy on 1:00  
150 free on 2:30, strong  
50 choice easy on 1:00

Warm Down: 200 yards

200 choice

Total: 3,800 yards

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## **Wednesday**

### Warm Up Set

5 x 200 Free on 3:00

### Main Set 1: 3500 yards

5 x 100 Free on 1:30  
5 x 100 IM on 1:45  
100 kick on 2:00

4 x 100 Free on 1:30  
4 x 100 IM on 1:45  
100 kick on 2:00

3 x 100 Free on 1:30  
3 x 100 IM on 1:45  
100 kick on 2:00

2 x 100 Free on 1:30  
2 x 100 IM on 1:45  
100 kick on 2:00

1 x 100 Free on 1:30  
1 x 100 IM on 1:45  
100 kick on 2:00

Total: 4,500 yards

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## **Thursday**

Warm Up: 500 yards

300 choice on 5:00  
100 pull on 2:00  
100 kick on 2:00

Pre-Set: 1400 yards

8 x 100 choice on 2:20, 25 drill and 75 swim  
4 x 150 pull with paddles on 2:30

Main Set: 1700 yards

5 x 100 choice (not free) on 2:00  
8 x 100 free on 1:30  
4 x 100 IM on 2:00

Warm Down: 300 yards

300 choice, easy

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## **Friday**

Warm Up: 1600 yards

1000 choice on 20:00  
400 pull on 6:00  
200 kick on 4:00

Main Set: 2400 yards

2 x 50 on 0:50  
2 x 75 on 1:10  
2 x 100 on 1:30  
2 x 125 on 2:00  
2 x 150 on 2:15  
2 x 300 on 3:00  
2 x 150 on 2:15  
2 x 125 on 2:00  
2 x 100 on 1:30  
2 x 75 on 1:10  
2 x 50 on 0:50

Stroke Set: 1200 yards

2 rounds of the following:

3 x 50 fly on 1:00, swim/kick/free  
3 x 50 back on 1:00, swim/kick/free  
3 x 50 breast on 1:10, swim/kick/free  
3 x 50 free on 1:00, swim, kick, free

Warm Down: 200 yards

200 easy

Total: 5,400 yards

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## **Saturday**

Warm Up: 1000 yards

400 easy swim on 6:30  
300 drill/swim on 5:00  
200 stroke/free on 4:00  
100 kick on 2:30

Pre Set: 400 yards

All sub sets are drill/swim/drill/swim.

4 x 25 free on 0:40, catch-up drill  
4 x 25 breast on 0:40, breaststroke arms with dolphin kick  
4 x 25 back on 0:40, six beat switch  
4 x 25 fly on 0:40, 2 strokes with right arm/2 strokes with left arm/2 regular strokes

Main Set: 1500 yards

4 x 50 fly/free on 1:00  
4 x 50 back/free on 1:00  
4 x 50 breast/free on 1:00  
  
3 x 50 kick/swim fly on 1:10  
3 x 50 kick/swim back on 1:00  
3 x 50 kick/swim breast on 1:10  
  
2 x 50 fly on 1:00, perfect stroke  
2 x 50 back on 1:00, perfect stroke  
2 x 50 breast on 1:00, perfect stroke  
  
1 x 50 fly on 1:05, fast  
1 x 50 back on 1:05, fast  
1 x 50 breast on 1:05, fast

Free Set, 1000 yards

4 x 100 free on 1:30, descend 1 to 4  
4 x 75 free on 1:15, moderate/fast/moderate  
4 x 50 free on 1:00, fast  
4 x 25 free on 0:40, streamline underwater start with at least 4 dolphin kicks

Total: 3,900 yards

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