



Week of  
January 16, 2023  
to  
January 21, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Monday**

10 x 150 Free on 2:15  
3 x 100 Kick on 2:00

10 x 100 Free on 1:30  
3 x 100 Kick on 2:00

10 x 50 Free on 0:50  
3 x 100 Kick on 2:00

200 Free, easy

Total: 4,100 yards

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



Week of  
January 16, 2023  
to  
January 21, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Tuesday**

Warmup: 1200 yards

4 rounds:

1 x 100 Free on 1:30  
1 x 100 Kick on 2:00  
1 x 100 Drill on 2:00

Preset: 1000 yards

4 rounds with fins:

1 x 100 on 2:00, 50 fly/25 underwater kick/25 free  
1 x 75 on 1:40, 25 fly/25 underwater kick/25 free  
1 x 50 on 1:10, 25 underwater kick/25 free  
1 x 25 on 0:40, underwater kick

Main Set: 1500 yards

6 rounds:

1 x 75 on 1:20, back or fly fast  
2 x 50 Free on 1:00, 200 pace  
3 x 25 on 0:40, easy

Last Set: 300 yards

4 x 25 on 0:40, fly drill with a flutter kick  
4 x 25 on 0:40, 2 strokes right arm/2 strokes left arm/2 strokes regular  
4 x 25 on 0:40, fast fly with 4 underwater dolphin kicks

Warm Down: 200 yards

200 ez choice

Total: 4,200 yards

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



Week of  
January 16, 2023  
to  
January 21, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Wednesday**

Warm Up Set, 1000 yards

250 Free on 3:45  
250 on 4:30, 50 drill/50 swim  
250 Free on 3:35  
250 on 4:00, 50 free/50 stroke (non-free)

Main Set: 3050 yards

10 x 100 on 2:00, 25 kick/50 swim/25 kick  
odd: flutter kick  
even: dolphin kick

9 x 100 on 1:45, 25 kick/25 stroke (non-free)/50 free  
IM Order (fly, back, breast)

8 x 50 on 1:00  
odd: swim choice fast  
even: kick

7 x 50 on 1:00, 25 kick/25 free

4 x 100 Pull on 1:40  
odd: 25 easy/50 fast/25 easy  
even: 25 fast/50 easy/25 fast

Warm Down, 200 yards

2 x 100 easy

Total: 4,250 yards

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



Week of  
January 16, 2023  
to  
January 21, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Thursday**

Warm Up: 1000 yards

400 Free on 6:00  
100 Back on 2:00  
400 Free on 6:00, pull  
100 Back on 2:00

Main Set 1: 600 yards

8 x 75 on 1:20  
1 to 4: 25 Free, 25 Drill, 25 Free  
5 to 8: 25 Fly, 50 Free

Main Set 2: 2400 yards

3 x 200 Free (or Pull) on 3:00  
200 Kick on 4:00

3 x 200 on 3:20, 100 Free/100 Back  
200 Kick on 4:00

3 x 200 on 3:20, 100 Free/100 Breast or Fly  
200 Kick on 4:00

Sprint Set, 150 yards

3 x 50 on 1:15, fast  
1: Fly or Breast  
2: Back  
3: Free

Warm Down: 200 yards

200 choice, easy

Total: 4,350 yards

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



Week of  
January 16, 2023  
to  
January 21, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Friday**

Warm Up: 1500 yards

300 Free on 4:30  
3 x 100 IM on 1:45  
6 x 50 Free on 0:50  
3 x 100 Kick on 2:00  
300 Free on 4:30

Main Set: 4100 yards

6 x 50 Free on 0:50  
4 x 100 IM on 1:45  
2 x 200 Free on 3:00  
2 x 200 IM on 3:30  
4 x 100 Free on 1:30  
6 x 50 Free on 0:50  
4 x 100 Free on 1:30  
2 x 200 IM on 3:30  
2 x 200 Free on 3:00  
4 x 100 IM on 1:45  
6 x 50 Free on 1:00, easy

Total: 5,500 yards

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



Week of  
January 16, 2023  
to  
January 21, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Saturday**

Warm Up: 500 yards

200 Free on 3:00  
100 Kick on 2:00  
200 Pull on 3:15

Breaststroke Drill Set: 300 yards

4 x 25 Kick with board  
4 x 25 Kick on back  
4 x 25 Swim heads up

Main Set: 2400 yards

125 Stroke on 2:10, fast  
50 Free on 1:15, easy  
75 Stroke on 1:15, fast  
50 Breaststroke on 1:00, fast

4 x 75 on 1:15, 50 breast/25 free  
4 x 100 Free on 1:45, fast  
4 x 75 on 1:20, 50 back/25 free  
4 x 100 Free on 1:45, fast  
4 x 75 on 1:25, 25 back/25 breast/25 free  
4 x 100 Free on 1:45, fast

Warm Down: 500 yards

200 Swim, easy  
100 Kick, easy  
200 Swim, easy

Total: 3,700 yards

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