



Week of  
January 23, 2023  
to  
January 28, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Monday**

Main Set: 3000 yards

500 Free on 7:30  
5 x 100 Free on 1:30

400 Free on 6:00  
4 x 100 Free on 1:30

300 Free on 4:30  
3 x 100 Free on 1:30

200 Free on 3:00  
2 x 100 Free on 1:30

100 Free on 1:30  
1 x 100 Free on 1:30

Kick Set: 400 yards

4 x 100 Kick on 2:00

Stroke Set: 900 yards

12 x 75 IM Order on 1:30

Total: 4,300 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**

Warmup: 1200 yards

4 x 100 Free on 1:30  
8 x 25 Stroke (non-free) on 0:30  
4 x 100 IM on 1:45  
8 x 25 Kick on 0:45

Kick/Stroke Set: 600 yards

100 IM on 1:45  
8 x 25 Kick on 0:45, IM order  
100 IM on 1:45  
8 x 25 IM Order on 0:45

Main Set: 1500 yards

6 x 25 Free on 0:40, alternate 1 easy with 2 strong  
6 x 50 Free on 1:00, alternate 1 easy with 2 strong  
6 x 75 Free on 1:20, alternate 1 easy with 2 strong  
6 x 100 Free on 2:00, alternate 1 easy with 2 strong

Sprint Set: 750 yards

50 Free on 1:00, easy  
6 x 25 Stroke on 0:25, sprint  
50 Free on 1:00, easy  
8 x 25 Stroke on 0:30, sprint  
50 Free on 1:00, easy  
10 x 25 Stroke on 0:35, sprint

Warm Down: 200 yards

200 ez choice

Total: 4,250 yards

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## **Wednesday**

Warm Up Set: 1200 yards

400 Free on 6:00  
4 x 100 on 1:45, alternate 50 free with 50 back  
4 x 100 on 2:00, alternate 50 kick with 50 swim

Kick/Swim Set: 600 yards

8 x 75 IM Order on 1:40  
odds: 50 kick/25 swim  
evens: 25 kick/50 swim

Main Set: 2400 yards

4 x 300 IM on 5:00, 25 kick/25 drill/25 swim  
4 x 200 IM on 3:30, with fins, strong effort  
4 x 100 IM on 2:00  
1: Fly fast  
2: Back fast  
3 Breast fast  
4 Free fast

Warm Down, 200 yards

200 easy

Total: 4,400 yards

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## **Thursday**

Warm Up: 800 yards

200 Free on 3:00  
200 Pull on 3:30  
200 Kick on 4:00  
4 x 50 Free on 1:00, descend 1 to 4

Main Set 1: 3200 yards

8 x 25 Free on 0:30, breathe 3-2-10  
8 x 50 Kick on 1:05, IM Order  
8 x 75 on 1:30  
    odds: Free, build by 52  
    evens: Stroke fast  
8 x 100 Free  
    1 to 4: Pull with a buoy on 1:30  
    5 to 8: Pull with buoy and paddles on 1:45  
8 x 75 on 1:30  
    1 to 4: IM order, no free, strong effort, work turns  
    5 to 8: Choice, build by 25  
8 x 50 Free on 1:00, with fins, work the kick  
8 x 25 Choice on 0:30  
    odds: fast  
    evens: easy

Warm Down: 200 yards

200 choice, easy

Total: 4,200 yards

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## **Friday**

Because we all miss Bill's 800 workout!!!

Warm Up: 500 yards

200 Free  
200 Kick  
100 Free

Main Set: 4000 yards

800 Free on 12:00  
2 x 400 Free on 6:00  
4 x 200 Free on 3:00  
8 x 100 Free on 1:30  
16 x 50 Free on 0:50

Warm Down: 200 yards

200 easy

Total: 4,700 yards

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## **Saturday**

Single Set: 4100 yards

400 Free on 6:00  
4 x 100 Kick on 2:00  
8 x 100 Free on 1:30  
4 x 100 IM on 1:45  
100 Free on 1:30  
200 Free on 3:00  
300 Free on 4:30  
4 x 100 IM on 1:45  
500 Free on 7:30  
4 x 100 IM on 1:45  
300 Free on 4:30  
200 Free on 3:00  
100 Free on 1:30  
4 x 100 IM on 1:45  
10 x 50 on 1:00, alternate Free/Stroke (non-free)

Total: 5,400 yards

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