



Week of  
January 30, 2023  
to  
February 4, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Monday**

Warm Up: 1200 yards

600 Free on 9:00  
2 x 100 Kick on 2:00  
2 x 100 IM on 1:45  
2 x 100 Kick on 2:00

Main Set: 3200 yards

4 x 50 Free on 0:50  
4 x 100 IM on 1:45  
4 x 200 Free on 3:00  
400 IM on 7:00  
4 x 200 Free on 3:00  
4 x 100 IM on 1:45  
4 x 50 Free on 0:50

Warm Down: 200 yards

200 easy

Total: 4,600 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

400 Free on 6:00  
2 x 100 on 2:00, alternate 50 kick/50 swim  
4 x 50 Back on 1:15, drill  
2 x 100 on 2:00, alternate 50 back/50 free  
200 Free on 3:00

Kick Set: 300 yards

6 x 50 Kick on 1:15, 25 back/25 zombie arms

Main Set 1: 900 yards

3 rounds  
odds: backstroke  
evens: freestyle  
  
4 x 50 on 1:05  
odds: perfect stroke  
evens: build  
100 on 2:00, fast

Main Set 2: 1200 yards

2 rounds:  
  
4 x 50 Back on 1:10  
1: 25 easy/25 fast  
2: 25 fast/25 easy  
3: easy  
4 fast  
4 x 100 Pull on 1:45  
1: 50 easy/50 fast  
2: 50 fast/50 easy  
3: easy  
4 fast

Warm Down: 200 yards

200 ez choice

Total: 3,800 yards

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## **Wednesday**

Warm Up Set: 1200 yards

200 Free with 0:15 rest  
100 Kick with 0:15 rest  
4 x 50 Stroke on 1:30, alternate 25 fast/25 easy

Test Set 1: 500 yards

5 x 100 Free with 0:20 rest, Fast  
calculate best average pace (this is your goal pace)

USRPT Set 1: 750 yards to 900 yards

30 x 25 with 0:15 rest at goal pace  
First missed goal pace: Skip 2 x 25  
Second missed goal pace: Skip 2 x 25  
Third missed goal pace: End set

Test Set 2: 250 yards

5 x 50 Stroke (non-free) with 0:20 rest, Fast  
calculate best average pace (this is your goal pace)

USRPT Set 2: 750 yards to 900 yards

30 x 25 with 0:20 rest at goal pace  
First missed goal pace: Skip 2 x 25  
Second missed goal pace: Skip 2 x 25  
Third missed goal pace: End set

Warm Down: 1000 yards

150 easy on 2:15  
3 x 100 Free with 0:20 rest  
5 x 50 Stroke with 0:20 rest  
4 x 75 Kick with 0:20 rest

Total: 3,600 yards to 3,900 yards

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## **Thursday**

Warm Up: 800 yards

400 Free on 6:00  
200 Pull on 3:30  
4 x 50 IM on 1:00, drill

Kick Set 1: 400 yards

8 x 50 Free on 1:00  
1 to 4: 6 beat kick drill  
5 to 8: 3 to 5 beat kick & switch

Main Set:

USMS Winter Fitness Challenge: 30 minute swim, non-stop

Track your laps/distance  
Work on pace  
Practice technique  
Change strokes/equipment, but do not linger  
Meditate on things you are grateful for  
Be mindful and courteous when passing

Kick Set 2

5 x 0:45 vertical kick

Sprint Set:

25 Stroke Sprint, coach's start

Warm Down: 200 yards

200 choice, easy

Total: TBD yards

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## **Fourday (aka Friday)**

Warm Up: 2000 yards

400 Free on 6:00  
4 x 100 IM on 1:45  
8 x 50 Free on 0:50  
4 x 100 Kick on 2:00  
400 Free on 6:00

Main Set: 2400 yards

4 x 100 Free on 1:30  
4 x 50 Free on 1:00  
4 x 100 Free on 1:30  
4 x 50 Back on 1:00  
4 x 100 Free on 1:30  
4 x 50 Free on 1:00  
4 x 100 Free on 1:30  
4 x 50 Back on 1:00

Warm Down: 200 yards

200 easy

Total: 4,600 yards

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## **Saturday**

Single Set: 4000 yards

800 Free on 12:00, build by 200s  
16 x 50 with 0:15 rest  
600 Free on 9:00, build by 150s  
12 x 50 with 0:15 rest  
400 Free on 6:00, build by 100s  
8 x 50 with 0:15 rest  
200 Free on 3:00, build by 50s  
4 x 50 on 1:30, fast

Warm Down: 200 yards

200 easy

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.