



Week of
January 9, 2023
to
January 14, 2023

All intervals assume yards
Add 10 sec per 100 if meters

Monday

Warm Up Set: 1300 yards

600 Free on 9:00
400 Pull on 6:00
200 Free on 3:00
100 Free on 1:30

Main Set 1: 2500 yards

100 Kick on 2:00
4 x 200 Free on 3:00
100 Kick on 2:00
4 x 150 Free on 2:15
100 Kick on 2:00
4 x 100 Free on 1:30
100 Kick on 2:00
4 x 50 on 0:50
100 Kick on 2:00

Main Set 2: 1200 yards

4 rounds of:
200 IM on 3:30
100 IM on 1:45

Warm Down Set: 300 yards

300 Easy

Total: 5,300 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

Warm Up: 1200 yards

300 Free on 4:30
300 on 5:00, alternate 50 Free/50 Stroke (non Free)
300 on 5:00, alternate 50 Stroke (non Free)/50 Free
300 Free on 4:30

Main Set: 2850 yards

3 x 250 on 4:30, alternate 50 swim/50 kick
4 x 200 on 3:30
1: 50 Fly/150 Free
2: 50 Fly/50 Back/100 Free
3: 25 Stroke in IM order/25 Free
4: 200 IM
4 x 150 Pull Free on 2:30, 50 fast/50 easy/50 fast
4 x 100 Reverse IM on 1:45
4 x 50 Free on 1:00, fast
4 x 25 IM Order on 0:40, fast

Warm Down: 200 yards

200 choice

Total: 4,250 yards

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Wednesday

Warm Up Set, 1600 yards

400 Free on 6:00
4 x 100 Free on 1:30
400 IM on 7:00
4 x 100 IM on 1:45

Kick Set, 400 yards

4 x 100 kick on 2:00

Main Set 1: 2500 yards

5 x 200 Free on 3:00
10 x 50, odds Free on 0:50, evens Stroke (non Free) on 1:00
5 x 100 Free on 1:30
10 x 50, odds Free on 0:50, evens Stroke (non Free) on 1:00

Warm Down, 600 yards

4 x 150 on 2:30, 100 Free/50 Stroke (non Free)

Total: 5,100 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

Main Set 1: 1700 yards

200 Free, race pace - note your time
12 x 25 Free on 0:45, holding your race pace
100 Pull on 2:00
10 x 25 Free on 0:40, holding your race pace
100 Pull on 2:00
8 x 25 Free on 0:40, holding your race pace
100 Pull on 2:00
6 x 25 Free on 0:40, holding your race pace
100 Pull on 2:00
4 x 25 Free on 0:40, holding your race pace
100 Pull on 2:00

Main Set 2: 1500 yards

5 x 50 Kick with fins on 1:10
4 x 75 Free on 1:30, moderate
4 x 50 Choice (non-free) on 1:10
4 x 75 Rolling IM on 1:45
 1: Fly/Back/Breast
 2: Back/Breast/Free
 3: Breast/Free/Fly
 4: Free/Fly/Breast
4 x 50 Free with fins on 0:45
4 x 75 Free with fins on 1:15

Warm Down: 300 yards

300 choice, easy

Total: 4,000 yards

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Friday

Free/Kick Set: 3100 yards

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

Stroke Set: 2400 yards

6 x 100 IM on 1:45
8 x 75 IM Order on 1:30, swim/drill/kick
6 x 100 IM on 1:45
8 x 75 IM Order on 1:30, swim/drill/kick

Total: 5,500 yards

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Saturday

Warm Up: 1000 yards

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

Pre Set: 800 yards

8 rounds, odds are free/evens are stroke (non-free):

25 swim moderate on 0:30
50 drill on 1:00
25 swim build on 0:30

Main Set: 2000 yards

4 rounds, odds are free/evens are stroke (non-free):

150 swim on 2:15, build
150 kick on 3:00
50 swim on 1:00, 12.5 fast/37.5 easy
50 swim on 1:05, 25 fast/25 easy
50 swim on 1:10, 37.5 fast/12.5 easy
50 swim on 1:15, fast

Warm Down, 400 yards

2 x 200, 15 second break in between

Total: 4,200 yards

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