



Week of
February 27, 2023
to
March 4, 2023

All intervals assume yards
Add 10 sec per 100 if meters

Monday

Warm Up: 1000 yards

400 Free on 6:00
400 on 7:00, 25 IM/75 Free
200 on 4:00, 25 IM order kick/25 free

First Set: 800 yards

4 x 200 Free on 3:15
odds: pull easy
evens: swim, build by 50

Main Set: 1500 yards

200 Free on 3:00
2 x 100 IM on 1:40
200 Free on 3:00
2 x 100 IM on 1:40
200 Free on 3:00

100 Free on 1:30
2 x 50 Stroke (not free) on 1:00
100 Free on 1:30
2 x 50 Stroke (not free) on 1:00
100 Free on 1:30

Kick Set: 200 yards

200 Kick, fast

Sprint Set: 450 yards

3 rounds:

75 Free on 1:00
50 Free on 1:00
25 Free on 1:00

Total: 3,950 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: 1000 yards

200 Swim on 4:00, easy
4 x 50 Stroke on 1:10
200 Kick on 4:00
4 x 50 Stroke on 1:00, build
200 Stroke on 4:00

Purple (Justice) Pre-set: 400 yards

4 x 50 Kick on 1:15, flutter, board overhead
4 x 50 on 1:30, 25 swim easy/30 sec vertical kick/25 swim build

Green (Faith) Fly Set: 1400 yards

5 x 50 on 1:00, 25 fly/25 free
100 Stroke on 2:00
5 x 50 on 1:00, 25 free/25 fly
100 Stroke on 2:00
5 x 50 on 1:00, odd: choice, even: fly
100 Stroke on 2:00
5 x 50 Fly on 1:15, fly
100 Stroke on 2:00

Gold (Power) Freestyle Set: 800 yards

4 x 25 on 0:30, fast
2 x 50 on 1:00, easy/fast
4 x 25 on 0:30, fast
2 x 100 Stroke on 1:45
4 x 25 on 0:30, fast
2 x 50 on 1:00, easy/fast
4 x 25 on :30, fast

Warm Down: 200 yards

200 easy

Total: 3,800 yards

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Wednesday

Warm Up Set: 800 yards

200 Free on 3:00
100 Kick on 2:00
4 x 50 on 1:15, odds free/evens non-free
8 x 25 Stroke on 0:40, drill
100 Stroke on 2:00

Main Set: 2800 yards

500 Free on 7:30
5 x 100 Free on 1:45
300 Stroke on 5:00, easy
400 IM on 7:00
4 x 100 IM on 2:00
300 Stroke on 5:00, easy
200 Stroke on 3:30
4 x 50 Stroke on 1:00

Warm Down: 400 yards

200 easy
100 kick
100 easy

Total: 4,000

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Thursday

Warm Up: 600 yards

600 Swim

Kick Set: 500 yards

3 x 100 Kick on 2:00

8 x 25 Kick on 0:40

Main Set: 2700 yards

3 rounds:

1: Free

2: Non-Free or IM

3: Free

200 Swim on 3:00

100 Kick on 2:15

3 x 100 Swim on 1:30

2 x 150 Swim on 2:15, fins and paddles, as fast as you can

Warm Down: 400 yards

200 easy, alternate back/free

8 x 25, ascending

Total: 4,200 yards

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Friday

Warm Up: 1500 yards

500 Free on 7:30
4 x 100 IM on 1:45
3 x 100 Kick on 2:00
200 Free on 3:00
100 Free on 1:30

Main Set: 2400 yards

6 rounds:

100 Free on 1:30
100 Stroke on 1:45
100 Free on 1:30
100 Kick on 2:00

Warm Down: 200 yards

200 easy

Total: 4,100 yards

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Saturday

Warm Up: 900 yards

300 Free on 4:30
100 Kick on 2:00
4 x 50 Free on 1:00, 25 left arm/25 right arm
4 x 50 Free on 1:00, 25 FTD/25 swim
100 Free on 2:00, 50 kick/50 swim

Main Set: 2400 yards

5 x 200 Free on 3:00
odds: pull
evens: swim
4 x 100 Stroke on 2:00, fast
4 x 100 Free on 1:45, fast
6 x 50 Stroke on 1:00, descend 1 to 3, 4 to 6
6 x 50 Free on 0:50, descend 1 to 3, 4 to 6

Warm Down: 500 yards

200 easy
4 x 50 kick
100 easy

Total: 3,800 yards

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