



Week of
February 6, 2023
to
February 11, 2023

All intervals assume yards
Add 10 sec per 100 if meters

Monday

Warm Up: 1600 yards

1000 Stroke on 20:00
4 x 100 Kick on 2:00
200 IM on 3:30

Main Set 1: 1100 yards

2 rounds:

300 Free on 4:30
150 Free on 2:15
100 Free on 1:30

Main Set 2: 1600 yards

4 rounds:

4 x 50 IM order on 1:00
200 IM on 3:30

Warm Down: 200 yards

200 easy

Total: 4,500 yards

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



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Tuesday

Warmup: 1200 yards

400 Free on 6:00
4 x 50 IM Order on 1:15, drill
200 Free on 3:00, pull
2 x 100 Kick on 2:00

Pre Set: 400 yards

8 x 50 Free on 1:00
odds: catch up drill
evens: 25 right arm/25 left arm

Main Set 1: 1000 yards

2 rounds:

100 Free on 1:40, smooth
100 Kick on 2:00, build
100 Free on 1:40, strong
100 Free on 1:40, pull
100 Free on 1:40, fast

Main Set 2: 800 yards

4 x 200 Free on 3:00
1 to 3: negative split
4: fast

Sprint Set: 400 yards

4 x 100 Free on 1:45, descend 1 to 4

Warm Down: 400 yards

200 pull choice
200 easy

Total: 4,200 yards

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Wednesday

Warm Up Set: 1500 yards

500 Free on 7:30
400 Free on 6:00
3 x 100 Kick on 2:00
200 Free on 3:00
100 Free on 1:30

Main Set: 2400 yards

4 rounds:

4 x 100 Free on 1:30
200 IM on 3:30

Drill Set: 900 yards

12 x 75 IM Order on 1:30, swim/drill/kick

Total: 4,800

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Thursday

Warm Up: 800 yards

200 Free on 3:00
100 Kick on 1:00
4 x 50 IM Order on 1:00, 25 drill/25 swim
8 x 25 Free on 0:30, descend 1 to 4, 5 to 8
100 easy on 2:00

Breath Control Set : 300 yards

6 x 50 Free on 0:55
1 & 4: 3 strokes/breath
2 & 5: 5 strokes/breath
3 & 6: 7 strokes/breath

Kick Set: 300 yards

6 x 50 Kick on 1:05
1 & 4: 12.5 fast/37.5 easy
2 & 5: 25 fast/25 easy
3 & 6: 37.5 fast/12.5 easy

Main Set: 1600 yards

4 x 125 Free on 2:00
1: 100 easy/25 fast
2: 75 easy/50 fast
3: 50 easy/75 fast
4: 25 easy/100 fast
4 x 75 IM (no free) on 1:20
4 x 125 on 2:00, 50 stroke (IM order)/75 free
4 x 75 Free on 1:10, descend 1 to 4

Pull Set: 600 yards

3 x 200 Free on 3:00

Warm Down: 300 yards

6 x 50 on 1:00, get slower with each one

Total: 3,900 yards

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Friday

Freestyle Set: 3100 yards

5 x 200 Free on 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

IM 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

Single Set: 4000 yards

4 rounds:

2 x 200 Free on 3:00

100 Kick on 2:00

3 x 100 IM on 1:45

4 x 50 Free on 0:50

Warm Down: 200 yards

200 easy

Total: 4,200 yards

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