



Week of
March 13, 2023
to
March 18, 2023

All intervals assume yards
Add 10 sec per 100 if meters

Monday

Warm Up: 700 yards

300 Choice on 4:30
8 x 50 on 1:00, 25 drill/25 swim

Main Set: 2000 yards

5 x 100 Choice on 2:00
5 x 100 Choice on 2:00
5 x 100 Choice on 1:50
5 x 100 Choice on 1:40

Each round:

Descend 1 to 3
Cruise 4
Sprint 5
Masters minute between each round

Mixed Up Set: 600 yards

100 Free on 2:00, easy
2 x 50 Breast on 1:15, 25 kick/25 swim
4 x 25 Breast on 0:45
100 Back on 2:15, easy
2 x 50 Breast on 1:30, 25 kick/25 swim
4 x 25 Free on 0:30

Warm Down: 500 yards

200 easy
200 Pull
200 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.



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Tuesday

Warmup: 1100 yards

2 x 200 Choice on 3:00
8 x 25 IM order on 0:40, odds drill/evens swim
3 x 100 on 2:00, odds kick/evens swim
4 x 50 Choice on 1:00, build

Pre-set: 500 yards

5 x 50 on 1:00, kick/swim choice
5 x 50 on 1:10, drill/swim choice

Main Set: 1800 yards

8 x 100 Free on 1:30, descend 1 to 4, 5 to 8
8 x 75 Free on 1:15, descend 1 to 4, 5 to 8
8 x 50 Free on 0:50, descend 1 to 4, 5 to 8

Sprint Set (stroke/IM): 850 yards

200 Choice on 4:00, broken 0:10 at the 100, non-free
3 x 100 Choice on 2:00, broken for 0:05 sec at the 50, non-free
5 x 50 Choice on 1:00, odds fast/evens easy, non-free
4 x 25 Choice on 0:30, fast, non-free

Warm Down: 200 yards

200 easy

TOTAL: 4,250 yards

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Wednesday

Warm Up Set: 1500 yards

10 x 150 Free on 2:15

Main Set: 3600 yards

3 rounds:

4 x 100 IM on 1:45
6 x 50 Free on 0:50
2 x 200 Free on 3:00
100 Kick on 2:00

Warm Down: 200 yards

200 easy

Total: 5,300

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Thursday

Warm Up: 800 yards

400 Free on 6:00
2 x 100 on 2:00, 50 Free/50 Back
2 x 100 on 2:00, 50 Free/50 Breast

Kick Set: 400 yards

16 x 25 Kick on 0:35, odds Free/evens Stroke

Pre-Set: 800 yards

16 x 25 Free on 0:30
1: 3 breaths
2: 2 breaths
3: 1 breath
4: 0 breaths
16 x 25 Free on 0:30
1: catch-up drill
2: 6 kick drill
3: free arms/fly kick
4: sprint

Main Set: 1000 yards

4 x 250 Free with Masters minute between each
100 solid with 10 seconds rest
75 Fast with 10 seconds rest
50 Faster with 10 seconds rest
25 Sprint

Pull Set: 900 yards

300 Free with 30 seconds rest, strong
2 x 150 Free with 30 seconds rest, moderate
3 x 100 Free with 20 seconds rest, easy

Warm Down: 100 yards

100 easy

Total: 4,000 yards

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Friday

Warm Up: 1200 yards

600 Free on 9:00
400 IM on 7:00
200 Kick on 4:00

Pre-Set: 600 yards

6 x 100 Free on 1:30

Main Set: 2000 yards

4 rounds:

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

Warm Down: 300 yards

6 x 50, easy

Total: 4,100 yards

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Saturday

Warmup: 1100 yards

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

Kick Set: 600 yards

12 x 50 on 1:00, odds on back/evens choice

Main Set: 2400 yards

4 x 100 Free on 1:30, focus on distance per stroke
4 x 50 Fly on 1:00
4 x 100 Free on 1:30, negative split
4 x 50 Back on 1:00
4 x 100 Free on 1:30, descend 1 to 4
4 x 50 Breast on 1:00
4 x 100 Free on 1:30, fast
4 x 50 Free on 1:00

Warm Down: 400 yards

200 pull, easy
4 x 50 easy

Total: 4,400 yards

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