



Week of
March 27, 2023
to
April 1, 2023

All intervals assume yards
Add 10 sec per 100 if meters

Monday

Warm Up: 600 yards

300 Choice on 4:30
200 Pull on 3:30
100 Kick on 2:00

Main Set: 2900 yards

2 x 250 Free on 4:00
2 x 250 on 4:30, 50 free/50 non-free
6 x 100 IM on 1:45
4 x 150 Free on 2:25, pull
6 x 50 Choice on 1:00, hold best average
4 x 100 Choice on 1:45

Warm Down: 400 yards

200 Easy
100 Pull
100 Kick

Total: 3,900 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

300 Free on 4:30
200 IM on 4:00, drill
300 Free on 5:00, pull
200 Kick on 4:00

First Set: 850 yards

4 x 25 Free on 0:40, alternate drill/kick
4 x 25 Breast on 0:40, alternate drill/kick
4 x 25 Back on 0:40, alternate drill/kick
4 x 25 Fly on 0:40, alternate drill/kick
200 IM on 3:30
150 IM on 2:45
100 IM on 1:45

Second Set: 1300 yards

4 x 100 IM on 1:45, descend 1 to 4
100 easy
4 x 75 IM on 1:15, descend 1 to 4
100 easy
4 x 50 IM on 1:00, descend 1 to 4
100 easy
4 x 25 IM on 0:30, descend 1 to 4
100 easy

Third Set: 750 yards

250 Free on 4:00, 50 easy/50 fast
200 Free on 3:30, 25 easy/25 fast
150 Free on 2:15, 25 fast/25 stroke easy
100 Free on 2:00, fast
50 Stroke on 1:00, fast

Warm Down: 200 yards

200 easy

TOTAL: 4,100 yards

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Wednesday

Warm Up Set: 800 yards

500 Free on 7:50
3 x 100 Kick on 2:00

Main Set: 2000 yards

2 rounds:

200 Free on 3:00
150 IM on 2:45
100 Free on 1:30
50 Free on 1:00
200 IM on 3:30
150 Free on 2:15
100 IM on 1:45
50 Free on 1:00

Sprint Set: 500 yards

10 x 50 on 1:00, odds free/evens non-free

Drill Set: 500 yards

10 x 50 Choice on 1:00, drill

Warm Down: 300 yards

300 easy

Total: 4,100

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Thursday

Warm Up Set: 600 yards

200 Free on 3:00
200 Kick on 4:00
200 Free on 3:30, pull

Main Set 1: 1500 yards

4 x 75 Choice on 1:30, build by 25
100 easy
5 rounds of 4 x 50 on 1:00
1: Free
2 Kick
3: Choice
4: Non-Free
5: Pull
100 easy

Main Set 2: 1300 yards

4 x 75 Choice on 1:20, 25 fast/50 moderate
4 x 75 Free on 1:10, 25 fast/50 moderate
100 easy
8 x 50 Choice on 1:00, odds fast/evens moderate
8 x 25 Choice on 0:30, odds fast/evens moderate

Warm Down: 300 yards

300 easy

Total: 3,700

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Friday

Single Set

400 Free on 6:00
8 x 50 Free on 0:50
400 IM on 7:00
8 x 50 Kick on 1:10
400 Free on 6:00
8 x 50 Stroke on 1:00
400 IM on 7:00
8 x 50 Free on 0:50
400 Free on 6:00
8 x 50 Drill on 1:15

Total: 4,000 yards

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Saturday

Warmup: 1000 yards

400 Free on 6:00
300 Swim/Kick on 5:00
200 Free on 3:00
100 Choice on 2:00

Pre-Set: 500 yards

4 x 50 on 1:00, 25 drill/25 swim
4 x 25 Kick on 0:40
4 x 25 on 0:40, odds kick/evens swim
4 x 25 Choice on 0:40

Main Set: 2450 yards

4 x 100 Free on 1:30
100 Stroke on 2:00, fast
3 x 100 Free on 1:30
100 Stroke on 2:00, fast
2 x 100 Free on 1:30
100 Stroke on 2:00, fast
1 x 100 Free on 1:30
100 Stroke on 2:00, fast

4 x 50 Stroke on 1:00
50 Free on 1:00, fast
3 x 50 Stroke on 1:00
50 Free on 1:00, fast
2 x 50 Stroke on 1:00
50 Free on 1:00, fast
1 x 50 Stroke on 1:00
50 Free on 1:00, fast

4 x 25 Kick on 0:40
25 Choice on 0:40, fast
3 x 25 Kick on 0:40
25 Choice on 0:40, fast
2 x 25 Kick on 0:40
25 Choice on 0:40, fast
1 x 25 Kick on 0:40
25 Choice on 0:40, fast

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.