



Week of  
March 6, 2023  
to  
March 11, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

## **Monday**

Warm Up: 800 yards

200 Choice on 3:30  
100 Kick on 2:00  
4 x 50 IM Order on 1:15, 25 drill/25 swim  
8 x 25 Choice on 0:45, descend 1 to 4, 5 to 8  
100 Choice on 2:00, easy

Main Set: 2400 yards

5 x 100 Choice on 2:00  
100 easy  
5 x 100 Choice on 1:55  
100 easy  
5 x 100 Choice on 1:50  
100 easy  
5 x 100 Choice on 1:45  
100 easy

Warm Down: 400 yards

200 Pull  
200 Choice, easy

Total: 3,600 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

300 Choice on 5:00  
200 Kick on 4:00  
300 IM drill by 75 on 6:30  
200 Swim on 3:30, alternate 50 back/50 free

Pre Set: 400 yards

10 x 50 on 1:15  
odds: 25 swim - 5 streamline jumps – 25 swim @ 1:15  
evens: 25 kick – 25 kick underwater @ 1:15

Main Set: 1250 yards

4 x 25 Kick on 0:40, underwater kicking dolphin  
50 Fly on 1:00, fast  
100 Choice on 2:00, easy  
4 x 25 Kick on 0:40, underwater kicking on back – flutter  
50 Back on 1:00, fast  
100 choice on 2:00, easy  
4 x 25 Kick on 0:40, 2-3 underwater breast stroke pullouts  
50 Breast on 1:00, fast  
100 Choice on 2:00, easy  
4 x 25 Kick on 0:40, underwater kicking flutter  
50 Free on 1:00, fast  
100 Choice on 2:00, easy  
4 x 25 Kick on 0:40, underwater kicking, any stroke  
50 Choice on 1:00, fast  
100 Choice, easy

Sprint Set: 1000 yards

2 rounds, R1 = fast free and R2 = fast stroke

1: 25 fast / 75 smooth @ 1:30 or 1:45 interval  
2: 50 fast / 50 smooth @ 1:30 or 1:45 interval  
3: 75 fast / 25 smooth @ 1:30 or 1:45 interval  
4: 50 fast / 50 smooth @ 1:30 or 1:45 interval  
5: 25 fast / 75 smooth @ 1:30 or 1:45 interval

Total: 3,750 yards

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## **Wednesday**

Warm Up Set: 800 yards

400 Free on 6:00  
200 Kick on 4:00  
4 x 100 on 2:00, 50 back/50 free

Pre Set: 600 yards

4 rounds:

50 Kick on 1:10  
50 Swim on 1:00  
50 Pull on 0:50

Main Set: 1500 yards

4 x 75 on 1:15, work on distance per stroke, decreasing stroke count  
4 x 150 on 2:15, work the middle 50  
2 x 300 on 4:30, negative split

Sprint Set: 1000 yards

5 x 100 on 1:45  
1: 25 fast/25 easy  
2: 50 fast/50 easy  
3: 75 fast/25 easy  
4: fast  
5: faster  
5 x 100 on 1:50  
1: 25 fly/75 free  
2: 25 back/75 free  
3: 25 breast/75 free  
4: 25 fly/75 free  
5: 25 back/75 free

Warm Down: 200 yards

200 easy

Total: 4,100

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## **Thursday**

Warm Up: 1000 yards

1000 swim on 20:00, mix it up

Super Kick Set: 2400 yards

4 x 100 on 2:30, free/breast

4 x 100 on 2:30, back/fly

4 x 100 on 2:30, IM

4 x 200 on 5:00, IM

4 x 100 on 2:30, reverse IM order by 100s

Warm Down: 400 yards

200 easy, alternate back/free

8 x 25, ascending

Total: 3,800 yards

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## **Friday**

Warm Up: 1000 yards

5x 200 Free on 3:00

Main Set: 2600 yards

2 rounds:

400 Free on 6:00

4 x 100 Free on 1:30

100 Kick on 2:00

4 x 100 IM on 1:45

Warm Down: 500 yards

10 x 50 on 1:00, alternate free and non-free

Total: 4,100 yards

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## **Saturday**

Warm Up: 1200 yards

400 Choice on 7:00, easy swim  
200 Kick on 4:00  
200 Choice on 4:00, alternate drill/swim  
200 on 3:30, alternate 50 free/50 non-free  
200 Choice on 3:30

Monster IM Set: 2800 yards

4 x 175 on 3:00  
odds: 25 breast/25 free  
evens: free  
4 x 150 on 2:30  
odds: 25 back kick/25 back swim  
evens: free  
4 x 125 on 2:15  
odds: 25 fly kick/25 fly swim  
evens: free  
4 x 100 IM on 1:45, back/free fast  
4 x 75 IM (no free) on 1:30, fly/breast fast  
4 x 50 IM on 1:00, half length per stroke  
4 x 25 IM Order on 0:40, fast

Warm Down: 200 yards

200 easy

Total: 4,200 yards

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