



Workouts Week of March 20, 2023

Monday

Warm up 1100

2 x 200 [3:30]

8 x 50 [1:05] choice

3 x 100 [1:30]

Main set - 900

9 x 100 [2:00] choice

[#1/4/7 mod, #2/5/8 build, #3/6/9 strong]

Freestyle set - 1700

1 x 400 [6:00] long & strong

4 x 100 [1:30] neg split

1 x 300 [4:30] long & strong

6 x 50 [:50] desc 1-3/4-6

Kick set - 600

2x

1 x 100 2:15

2 x 50 1:15 build

4 x 25 :45 fast

Warm down

4 x 50 1:00

Total:4500

Tuesday

Warm up - 1000

1 x 200 [3:15]

2 x 150 [2:15] 50st/50fr/50st

3 x 100 [1:30]

4 x 50 [:50] desc 1-4

Main set - 800

4x

1 x 50 [1:05] perfect stroke choice

1 x 50 [1:05] free

1 x 100 [2:00] strong choice

Freestyle set - 1800

3 x 300 [4:30] desc 1-3

3 x 200 [3:00] desc 1-3

3 x 100 [1:30] desc 1-3

Kick set - 600

12 x 50 [1:15] alt 3fast/1easy

Warm down - 200

4 x 50 1:00

Total: 4400

Wednesday

Warm up 1200

2 x 200 3:30 [3:15]

4 x 50 1:15 [1:05] stroke

4 x 100 1:45 [1:30]

4 x 50 1:30 [1:15] kick

Kick set 200

2x

1 x 100 2:30 [2:15] build

1:00 [vertical kick]

Sprint set 1200

1 x 50 1:15 [1:05] easy

2 x 50 1:15 [1:05] sprint, #2 100% effort

1 x 50 1:15 [1:05] easy

3 x 50 1:15 [1:05] sprint, #3 100% effort

1 x 50 1:15 [1:05] easy

4 x 50 1:15 [1:05] sprint, #4 100% effort

1 x 50 1:15 [1:05] easy

3 x 50 1:15 [1:05] sprint, #3 100% effort

1 x 50 1:15 [1:05] easy

2 x 50 1:15 [1:05] sprint, #2 100% effort

1 x 50 1:15 [1:05] easy

[All swims choice]

Freestyle set 1400

8 x 100 1:40 [1:30] neg split

3 x 100 1:35 [1:25] desc 1-3

3 x 100 1:30 [1:20] make them

Warm down

4 x 50 1:00

Total: 4200

Thursday

Warm up 1300

4 x 150 2:45 [2:30]

6 x 50 1:15 [1:05] stroke

2 x 100 2:30 [2:15] kick

4 x 50 1:00 [:50] desc 1-4

Stroke set 600

2 x 50 1:15 [1:05] fly

2 x 50 1:15 [1:05] back

2 x 50 1:15 [1:05] brst

2 x 150 3:00 [2:30] IM or 50st/50fr/50st

[50s: #1 perfect stroke, 2 strong]

Freestyle set 1500

10 x 150 2:30 [2:15] consistent pace w/last 50 strong

Sprint set 400

8 x 50 1:30 [1:30] sprint choice

[#1 & 5 easy]

Warm down

4 x 50 1:00

Total: 4000

Friday

Warm up.....1100

1 x 200 3:30 [3:15]

6 x 50 1:15 [1:05] stroke 2 of each

3 x 100 1:45 [1:30]

6 x 50 1:00 [:50] desc 1-3/4-6

Kick set.....500

2 x 150 3:45 [3:15]

4 x 50 1:20 [1:15]

Stroke set.....800

4x

1 x 50 1:30 [1:15] drill

1 x 50 1:15 [1:15] 25perfect stroke/25easy free

1 x 100 2:15 [2:00] strong

[RD1 fly, RD2 back, RD3 brst, RD4 choice]

[Fly drill: fly arms w/flutter kick]

[Back drill: right arm only 25, left arm only 25]

[Brst drill: 2 kicks, 1 pull breathe on pull only]

[Free drill: right arm only 25, left arm only 25]

Free/pull set.....1500

3 x 100 1:40 [1:30]

4 x 50 :50 [:45]

3 x 100 1:35 [1:25]

4 x 50 :55 [:50]

3 x 100 1:30 [1:15]

4 x 50 1:00 [:55]

[Goal: be consistent on all 100s and 50s...hold pace]

Warm down

4 x 50 1:00

Total: 4100

Saturday

Warm up

2 x 150 3:00 [2:30]

6 x 50 1:15 [1:05] stroke

3 x 100 1:45 [1:30]

Kick set 2x

1 x 50 1:30 [1:15]

1:00 [vertical kick]

1 x 50 1:30 [1:15] fast

Stroke set 3x

1 x 50 1:15 [1:05]

1 x 150 3:00 [2:45] IM

[50s: RD1 fly, RD2 back, RD3 brst]

Freestyle/pull set 2x

4 x 150 2:30 [2:15] last 50 strong

1 x 150 2:45 [2:30] best effort

Sprint set 4x

1 x 50 1:15 [1:00] 25easy/25fast

1 x 50 1:15 [1:00] 25fast/25easy

1 x 50 1:15 [1:00] fast

[All swims are choice]

Warm down

4 x 50 1:00

Total: 4000