



Week of
April 10, 2023
to
April 15, 2023

All intervals assume yards
Add 10 sec per 100 if meters

Note: GCAC moves to
long course on April 10!

Monday

Warm Up: 1000 yards

200 Free on 3:00
2 x 100 on 2:00, 50 kick/50 swim
200 Free on 3:30, pull
2 x 100 IM on 1:45
200 Free on 3:00

Main Set: 2600 yards

4 rounds:
1 x 25 Choice on 0:40, fast
1 x 50 Free on 1:00, easy

4 rounds:
1 x 25 Choice on 0:40, fast
1 x 25 Free on 0:30, easy
4 x 25 Choice on 0:40, fast
100 Free on 2:00, easy

4 x 50 Free on 1:00, drill
4 x 50 Non-Free on 1:00, drill
4 x 50 Non-Free on 1:00
100 Free on 2:00, easy

4 rounds:
1 x 50 Non-Free on 1:00, fast
1 x 50 Free on 1:00, easy

4 rounds:
1 x 75 Non-Free on 1:15, fast
1 x 25 Free on 0:30, easy
4 x 75 Choice on 1:15, fast
100 Free on 2:00, easy

Warm Down: 200 yards

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 or 15 seconds rest for longer distances.



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Tuesday

Warmup: 1800 yards

400 Free on 6:00
4 x 100 on 1:45, 50 back/50 free
4 x 50 on 1:00, 25 back/25 free
4 x 100 IM Order on 2:00, 50 kick/50 swim
4 x 100 Choice on 2:00, 50 drill/50 swim

Main Set 1: 1200 yards

50 Free on 0:50, hard
150 Kick on 3:30, moderate
50 Free on 0:50, hard
150 Kick on 3:30, moderate

100 Free on 1:30, hard
100 Kick on 2:15, moderate
100 Free on 1:30, hard
100 Kick on 2:15, moderate

150 Free on 2:15, hard
50 Kick on 1:15, moderate
150 Free on 2:15, hard
50 Kick on 1:15, moderate

Main Set 2: 800 yards

2 x 400 Free on 6:00

Sprint Set: 400 yards

8 x 50 Choice on 1:00, odds fast/evens easy

TOTAL: 4,200 yards

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Wednesday

Warm Up Set: 600 yards

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

Main Set: 2900 yards

3 x 100, odds free on 1:30/even IM on 1:45
3 rounds of:
 2 x 50 Choice on 1:00
 4 x 25 Choice on 0:30
 50 easy on 1:00
2 x 100, odds free on 1:30/even IM on 1:45
2 rounds of:
 2 x 50 Choice on 0:50
 4 x 25 Choice on 0:30
 50 easy on 1:00
1 x 25 Choice on 0:30
1 x 50 Choice on 1:00
1 x 75 Choice on 1:30
3 rounds of:
 2 x 50 Choice on 1:00
2 rounds, non-free (round 1) and free (round 2):
 2 x 100 on 2:00
 1 x 75 on 1:30
 1 x 50 on 1:00
 1 x 25 on 0:30

Warm Down: 300 yards

300 easy

Total: 3,800

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Thursday

Warm Up Set: 1000 yards

400 Free on 6:00
4 x 100 on 1:45, 50 non-free/50 free
200 Free on 3:30, pull

Pre-Set: 400 yards

4 x 50 on 1:00, 25 kick/25 swim
4 x 50 on 1:00, 25 swim/25 kick

Main Set, Sprint Challenge: 2000 yards

1 x 25 Choice on 0:35, fast
1 x 50 Choice on 1:10, fast
1 x 75 Kick on 1:30, moderate
1 x 100 Free on 2:00, moderate
2 x 25 Choice on 0:35, fast
2 x 50 Choice on 1:10, fast
1 x 75 Kick on 1:30, moderate
1 x 100 Free on 2:00, moderate
3 x 25 Choice on 0:35, fast
3 x 50 Choice on 1:10, fast
1 x 75 Kick on 1:30, moderate
1 x 100 Free on 2:00, moderate
4 x 25 Choice on 0:35, fast
4 x 50 Choice on 1:10, fast
1 x 75 Kick on 1:30, moderate
1 x 100 Free on 2:00, moderate
5 x 25 Choice on 0:35, fast
5 x 50 Choice on 1:10, fast
1 x 75 Kick on 1:30, moderate
1 x 100 Free on 2:00, moderate

Warm Down: 600 yards

3 x 200 on 3:00, ascending

Total: 4,000

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Friday

Warm Up: 1000 yards

400 Free on 6:00
4 x 100 on 2:00, 50 back/50 free
4 x 50 on 1:00, 25 IM order/25 free

Pre-Set: 800 yards

4 x 100 on 2:00, 50 kick/50 swim
4 x 100 on 2:00, 50 body dolphin/50 free

Main Set: 2400 yards

800 IM on 14:00
2 x 400 IM on 7:00
4 x 200 IM on 3:30

Warm Down: 200 yards

200 easy

Total: 4,400 yards

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Saturday

Warm Up: 1000 yards

2 x 200 Free on 3:00
100 Kick on 2:00
2 x 200 IM on 3:30
100 Kick on 2:00

Main Set: 2000 yards

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

Drill Set: 1000 yards

8 x 50 IM Order on 1:00, 25 swim/25 drill
100 Kick on 2:00
8 x 50 IM Order on 1:00, 25 swim/25 drill
100 Kick on 2:00

Warm Down: 200 yards

200 easy

Total: 4,200 yards

Adjust intervals as needed for your skill level and speed. You're looking for no more than 10 seconds rest per 100 yards or 15 seconds rest for longer distances.