



Week of
April 17, 2023
to
April 22, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 900 meters

300 Free on 5:00
2 x 150 on 3:00, 50 kick/50 drill/50 swim
3 x 100 on 1:45, 50 non-free/50 free

Main Set: 3900 meters

3 rounds:
200 Free on 3:30
200 Stroke on 4:00, 25 IM Order/25 Free
200 IM on 4:00, fast
100 Kick on 3:00

3 rounds:
100 Free on 1:45
100 Stroke on 2:00, 50 back/50 free
100 Back on 2:00
100 Kick on 3:00

3 rounds:
50 Free on 1:00
50 Stroke on 1:15, 25 breast/25 free
50 Breast on 1:15
50 Kick on 1:30

Warm Down: 200 meters

200 easy

Total: 5,000 meters

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: 1000 meters

300 Free on 5:00
200 Stroke on 3:30, 50 drill/50 swim
2 x 100 on 2:00, 50 kick/50 swim
6 x 50 on 1:00, 25 non-free/25 free

Main Set: 3000 meters

3 rounds:
1: Free or Pull
2: Stroke, IM Order, for the 50s, IM for the 100s
3: 25 Kick/25 Swim for the 50s, Stroke for the 100s

3 x 50 on 1:15, 25 drill/25 swim
100 on 2:00
3 x 50 on 1:15, 25 drill/25 swim
100 on 2:00
3 x 50 on 1:15, 25 drill/25 swim
100 on 2:00
3 x 50 on 1:15, 25 drill/25 swim
100 on 2:00

TOTAL: 4,000 meters

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Wednesday

Warm Up Set: 600 meters

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

Drill Set: 500 meters

10 x 50 Free on 1:20, drill

Pull Set: 400 meters

4 x 100 Free on 2:00, pull

Main Set: 1800 meters

5 x 100 Choice on 1:55, smooth
100 easy on 2:00
5 x 100 Choice on 2:05, moderate
100 easy on 2:00
5 x 100 Choice on 2:15, fast
100 easy on 2:00

Stroke Set: 400 meters

8 x 50 on 1:30, odds free/evens non-free

Warm Down: 300 meters

300 easy

Total: 4,000 meters

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Thursday

Warm Up Set: 900 meters

200 Free on 3:30
100 Kick on 2:30
200 Free on 3:30, pull
100 Kick on 2:30
200 Free on 3:30, drill
100 Kick on 2:30

Pre-Set: 1200 meters

8 x 75 IM Order on 1:30, 25 kick/25 drill/25 swim
4 rounds:
50 Free on 1:05
50 Free on 1:00
50 Free on 0:55

Main Set: 900 meters

6 x 150 Free on 2:45
1 to 3: descend
4: easy
5: fast
6: easy

Sprint Set: 450 meters

2 x 25 Choice on 0:40, fast
50 Choice on 1:10, fast
50 Choice on 1:10, easy

Warm Down: 200 meters

200 easy

Total: 3,650 meters

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Friday

Warm Up: 1350 meters

2 x 300 Free on 5:00
2 x 150 IM on 3:00
2 x 100 Free on 1:45
2 x 75 IM on 1:30
2 x 50 Free on 1:00

Kick Set: 800 meters

4 x 50 Kick on 1:30
4 x 100 on 2:15, 50 kick/50 swim
4 x 50 Kick on 1:30

Main Set: 1400 meters

400 Free on 6:30
100 IM on 2:00
300 Free on 4:45
100 IM on 2:00
200 Free on 3:30
100 IM on 2:00
100 Free on 1:45
100 IM on 2:00

Warm Down: 600 meters

300 Free on 5:00
200 Free on 3:30
100 Free on 2:00

Total: 4,150 meters

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Saturday

Warm Up: 600 meters

200 Free on 3:30
200 Kick on 4:30
200 Free on 3:30

Main Set: 2700 meters

3 rounds:

2 x 50 Free on 1:00
100 IM on 2:00
500 Free on 9:00
100 Kick on 2:30

Mixed Set: 800 meters

8 x 100 IM Order on 2:15, 25 swim/25 drill/25 kick/25 swim

Warm Down: 200 meters

200 easy

Total: 4,300 meters

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