



Week of
April 24, 2023
to
April 29, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 900 meters

3 x 100 on 2:00, 50 drill/50 free
2 x 150 on 3:00, 50 swim/50 kick/50 swim
3 x 100 on 1:45, 50 back/50 free

Main Set: 3200 meters

2 rounds:

1: 50s free, 100 easy kick, 3 x 100 free
2: 50s stroke, 100 easy free, 3 x 100 IM

3 x 50 on 1:10, descend 1 to 3
2 x 50 on 1:10, odd easy/even fast
1 x 50 on 1:10, fast
100 on 2:00, easy
2 x 50 on 1:05, odd fast/even easy
2 x 50 on 1:05, odd easy/even fast
2 x 50 on 1:05, fast
100 on 2:00, easy
1 x 50 on 1:00, fast
2 x 50 on 1:00, odd easy/even fast
3 x 50 on 1:00, fast
100 easy
3 x 100 on 2:00
100 on 2:00, easy

Warm Down: 200 meters

200 easy

Total: 4,300 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: 600 meters

3 x 200 Free on 3:15

Main Set: 3800 meters

3 rounds:

4 x 50 IM Order on 1:00

300 Free on 5:00

15 x 100 Free on 1:40

100 Kick on 2:30

4 x 150 Free on 3:00

100 Kick on 2:30

6 x 100 IM on 2:00

TOTAL: 4,400 meters

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Wednesday

Warm Up Set: 600 meters

200 Free on 3:15
100 Kick on 2:30
200 Free on 3:15
100 Kick on 2:30

Main Set: 2400 meters

3 rounds:

8 x 50 on 1:15, descend 1 to 4, 5 to 8
R1: Non-free
R2: Free
R3: Choice
1 x 400 Choice on 7:00

Warm Down: 500 meters

100 Choice on 2:00, easy
2 x 50 Chice on 1:15, drill
100 Choice on 2:00, easy
2 x 50 Kick on 1:15
100 Choice on 2:00, easy

Total: 3,500 meters

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Thursday

Warm Up Set: 1000 meters

400 Free on 6:30
300 on 5:00, 100 free/100 back/100 free
200 Kick on 4:00
100 Free on 2:00

Stroke Set: 800 meters

4 rounds, reverse IM order by round:

50 Kick on 1:15
25 easy/25 fast on 1:15
25 fast/25 easy on 1:15
50 fast on 1:15

Main Set: 1200 meters

4 x 100 Free on 1:50, build
4 x 100 Free on 1:45, descend
2 x 100 Free on 1:40, fast/easy
2 x 100 Free on 1:30, fast

Mix Set: 500 meters

10 x 50 on 1:20
odd: 25 swim/20 sec vertical kick/25 swim
even: 25 swim/5 streamlined jumps/25 swim

Warm Down: 200 meters

200 easy

Total: 3,700 meters

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Freestyle Friday

One Big Set Day

500 Free on 8:00
5 x 100 Free on 1:40
400 Free on 6:30
5 x 100 Free on 1:40
300 Free on 5:00
5 x 100 Free on 1:40
200 Free on 3:15
5 x 100 Free on 1:40
100 Free on 1:40
5 x 100 Free on 1:40

Total: 4,000 meters

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Saturday

Warm Up: 1200 meters

400 Free on 6:30
4 x 100 Kick on 2:30
400 IM on 7:00

Main Set: 1200 meters

6 x 200 Free on 3:15

Mix Set: 2000 meters

100 IM on 2:00
4 x 50 Free on 1:00
200 IM on 4:00
4 x 50 Free on 1:00
4 x 100 Kick on 4:30
4 x 50 IM Order on 1:00
4 x 150 Free on 3:00
100 IM on 2:00

Warm Down: 200 meters

200 easy

Total: 4,600 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.