



Week of  
April 3, 2023  
to  
April 8, 2023

All intervals assume yards  
Add 10 sec per 100 if meters

Note: GCAC moves to  
long course on April 10!

## **Monday? Hundreds Day!**

Warm Up: 300 yards

300 Choice on 4:30

Main Set: 5200 yards

10 x 100 Free on 1:30

300 easy

10 x 100 IM on 1:45

300 easy

10 x 100 Free on 1:30

300 easy

10 x 100 IM on 1:45

300 easy

Total: 5,500 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: 900 yards

450 on 5:30, alternate 100 free with 50 back  
450 on 5:30, alternate 100 free with 50 back, 50 breast, 50 fly

Kick Set: 600 yards

4 x 150 on 3:00  
odds: 50 free kick, 50 free swim, 50 free kick  
evens: 50 fly kick, 50 non-free swim, 50 non-free kick

Main Set: 2300 yards

2 x 50 Free on 0:50  
2 x 75 Free on 1:10  
2 x 100 Free on 1:30  
2 x 125 Free on 2:00  
2 x 150 Free on 2:15  
300 Free on 4:30  
2 x 150 Free on 2:15  
2 x 125 Free on 2:00  
2 x 100 Free on 1:30  
2 x 75 Free on 1:10  
2 x 50 Free on 0:50

Warm Down: 450 yards

450 swim, alternate 100 free with 50 double-arm backstroke

TOTAL: 4,250 yards

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## **Wednesday**

Warm Up Set: 600 yards

200 Free on 3:00  
200 Kick on 4:00  
200 Free on 3:30, pull

Drill Set: 400 yards

16 x 25 IM on 0:30, drill

Main Set: 2700 yards

200 Kick on 4:00, IM  
4 x 100 IM on 1:45, sprint a different 25 for each 100  
200 Kick on 4:00, free  
4 x 100 Free on 1:50, submerged kick a different 25 for each 100  
8 x 75 Stroke on 1:30, 25 fast/25 easy/25 fast  
8 x 50 Stroke on 1:00, odds fast/evens easy  
4 x 50 Stroke on 0:55, best stroke  
100 easy  
4 x 50 Stroke on 1:00, worst stroke

Warm Down: 300 yards

300 easy

Total: 4,000

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## **Thursday**

Warm Up Set: 1000 yards

400 Free on 6:00  
300 on 5:00, alternate 50 back/50 free  
200 Free on 3:00  
100 IM on 1:45

Pre-Set: 450 yards

3 x 150 on 3:00  
1: 50 fly drill/50 fly/50 free  
2: 50 back drill/50 back/50 free  
3: 50 breast drill/50 breast/50 free

Main Set: 2400 yards

4 x 200 Free on 3:00  
4 x 50 Back on 1:00  
4 x 150 Free on 2:15  
4 x 50 Breast on 1:00  
4 x 100 Free on 1:30  
4 x 50 Fly on 1:00

Kick Set: 200 yards

8 x 25 Kick on 0:30

Warm Down: 200 yards

200 easy

Total: 4,250

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## **Freestyle Friday**

Warmup: 500 yards

500 Choice on 10:00

Rhythm Set: 1000 yards

5 x 200 Free on 3:00

Main Set: 2400 yards

8 x 150 Free on 2:15

8 x 100 Free on 1:30

8 x 50 on 0:50

Warm Down: 300 yards

300 easy

Total: 4,200 yards

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## **Saturday**

Warm Up: 1200 yards

600 Free on 9:00  
400 IM on 7:00  
200 Kick on 4:00

Main Set 1: 2400 yards

4 rounds:

4 x 50 IM Order on 1:00  
2 x 100 IM on 1:45  
200 IM on 3:30

Main Set 2: 1400 yards

4 x 150 Free on 2:15  
100 Kick on 2:00  
4 x 100 Free on 1:30  
100 Kick on 2:00  
4 x 50 Free on 1:00, easy

Total: 5,000 yards

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