



Week of  
May 1, 2023  
to  
May 6, 2023

All intervals assume meters  
Subtract 10 sec per 100  
if yards

## **Monday**

Warm Up: 600 meters

200 Free on 3:30  
100 Kick on 2:30  
200 Free on 3:30  
100 Stroke on 2:00

Drill Set: 300 meters

6 x 50 on 1:15  
odds: 25 streamline kick/25 strong free  
evens: finger tip drag

Main Set: 2400 meters

2 rounds:

8 x 50 on 1:15, odds free/evens stroke  
4 x 100 on 2:00, odds free/evens IM  
2 x 200 on 4:15, 50 fast/100 smooth/50 fast

Warm Down: 300 meters

100 easy  
100 kick  
100 easy

Total: 3,600 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.



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## **Tuesday**

Warmup: 900 meters

300 Free on 5:00  
300 Free on 5:30, pull  
4 x 75 IM on 1:15, drill

Drill Set: 400 meters

2 x 200 Free on 3:30  
50 4 right/4 left/4 swim  
50 3 right/3 left/3 swim  
50 2 right/2 left/2 swim  
50 swim

Main Set: 1800 meters

3 rounds:  
1: Free  
2: Kick  
3: Non-Free

50 on 1:00/1:30/1:15  
100 on 1:45/2:30/2:00  
150 on 2:45/4:30/3:00  
150 on 2:45/4:30/3:00  
100 on 1:45/2:30/2:00  
50 on 1:00/1:30/1:15

Sprint Set: 600 meters

12 x 50 on 1:10  
1: 25 fast/25 easy  
2: 25 easy/25 fast  
3: 50 fast  
4: 50 easy

Warm Down: 300 meters

300 easy

TOTAL: 4,000 meters

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## **Wednesday**

Warm Up Set: 700 meters

400 Free on 6:30  
200 Free on 3:30  
100 Kick on 2:30

Main Set: 2700 meters

4 x 200 Free on 3:30, odds swim/evens pull  
6 x 50 Stroke on 1:20  
4 x 50 Stroke on 1:10  
3 x 50 Stroke on 1:00  
2 x 50 Stroke on 0:55  
1 x 50 Stroke, fast  
0:30 seconds rest  
200 Stroke on 4:00, easy  
2 x 100 Stroke on 1:55  
3 x 100 Stroke on 2:00  
4 x 100 Stroke on 2:10

Warm Down: 400 meters

200 easy  
100 kick  
100 easy

Total: 3,800 meters

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## **Thursday**

Warm Up Set: 1000 meters

200 Free on 3:30  
4 x 50 on 1:15, 50 stroke/50 free  
200 Free on 3:30  
4 x 50 Choice on 1:15  
200 Kick on 4:30

Freestyle Set: 1600 meters

2 x 50 Free on 1:00  
2 x 100 Free on 1:40  
2 x 150 Free on 2:30  
2 x 200 Free on 3:20  
2 x 150 Free on 2:20  
2 x 100 Free on 1:30  
2 x 50 Free on 0:50

Mixed Set: 1200 meters

4 rounds:  
1: Free  
2: Kick  
3: Non-Free  
4: Choice

1 x 50 on 1:05, easy  
1 x 100 on 2:00, fast  
1 x 50 on 1:05, easy  
1 x 50 on 1:15, fast  
1 x 50 on 1:05, easy

Warm Down: 200 meters

200 easy

Total: 4,000 meters

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## **Friday**

Warm Up: 1000 meters

400 Free on 6:30, every 4th lap is backstroke  
4 x 100 on 2:30, 50 drill/50 swim  
4 x 50 Kick on 1:30

Main Set 1: 900 meters

200 Free on 3:30, pull  
2 x 50 Free on 1:00  
2 x 100 Free on 1:45, descend  
2 x 50 Free on 1:00, strong  
4 x 50 IM Order on 1:10  
2 x 50 Free on 1:00, strong

Main Set 2: 900 meters

3 x 100 Free on 1:45, 50 distance per stroke/50 build  
3 x 100 on 1:50  
1: 50 fly/50 back  
2: 50 back/50 breast  
3: 50 breast/50 free  
1 x 200 IM on 4:00  
1 x 100 Free on 2:00, pull

Main Set 3: 900 meters

3 x 100 Free on 1:45, pull, descend 1 to 3  
6 x 50 on 1:10, 25 kick/25 swim  
3 x 100 Choice on 1:45, strong

Warm Down: 200 meters

200 easy

Total: 3,900 meters

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## **Saturday**

One Big Set, 2 rounds:

300 Free on 5:00  
200 IM on 4:00  
2 x 50 Free on 1:00  
200 Kick on 4:30  
200 IM on 4:00  
200 Free on 3:30  
4 x 50 Free on 1:00  
300 IM on 6:00  
800 Free on 13:30

Total: 5,000 meters

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