



Week of
May 29, 2023
to
June 3, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 1000 meters

400 Free on 7:00
300 Swim on 6:00, 50 free/50 back
200 Free on 3:30, pull
100 Kick on 2:30

Main Set 1: 1600 meters

2 x 50 Free on 1:15
3 x 100 IM on 2:00
2 x 50 Breast on 1:15
3 x 100 Free on 2:00, pull
2 x 50 Back on 1:15
3 x 100 IM on 2:00
2 x 50 Fly on 1:15
3 x 100 Free on 2:00, pull

Main Set 2: 1600 meters

2 x 50 on 1:15, 25 kick/25 free
3 x 100 on 2:00, 25 non-free/75 free
2 x 50 on 1:15, kick
3 x 100 on 2:00, 75 free/25 non-free
2 x 50 on 1:15, 25 kick/25 free
3 x 100 on 2:00, 25 free/50 non-free/25 free
2 x 50 on 1:15, kick
3 x 100 on 2:00, 50 non-free/50 free

Total: 4,200 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: 300 meters

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

Main Set: 3400 meters

4 x 50 Free on 1:00, pull
4 x 50 Choice on 1:15, descend 1 to 4
4 rounds:
 150 Choice on 3:00
 50 Choice on 1:10
 100 Choice on 1:50
 50 Choice on 1:10, fast
4 x 100 Free on 1:45
4 x 50 Back on 1:10
4 x 100 Free on 1:45
4 x 50 Breast on 1:10
4 x 100 Free on 1:45

Warm Down: 200 meters

200 easy

TOTAL: 3,900 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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Wednesday

Warm Up Set: 1200 meters

500 Free on 8:00
200 Free on 4:00, pull
100 Kick on 2:30
4 x 50 IM Order on 1:30, drill
4 x 50 Free on 1:30, bow & arrow drill

Main Set: 2000 meters

2 x 400 Free on 7:00
100 Kick on 2:30
100 Free on 2:00, pull
300 Free on 5:30, fast with paddles and fins
100 Kick on 2:30
100 Free on 2:00, pull
200 Free on 3:30, fast with paddles and fins
100 Kick on 2:30
100 Free on 2:00, pull
100 Free on 2:00, fast with paddles and fins

Sprint Set: 400 meters

4 x 50 Free on 1:10
4 x 50 Choice on 1:10, non-free

Warm Down 200 meters

4 x 50 easy

Total: 3,800 meters

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Thursday

Warm Up Set: 1200 meters

400 Free on 7:00
200 Free on 4:00, pull
4 x 50 IM on 1:15
4 x 50 IM on 1:30, kick
200 Free on 3:30

Main Set: 2500 meters

200 Free on 3:30
2 x 50 on 1:15, 25 breast/25 free
200 Mixed on 4:00, 100 free/50 breast/50 free
2 x 50 on 1:15, 25 back/25 free
200 Mixed on 4:00, 50 free/50 back/50 breast/50 free
2 x 50 on 1:15, 25 fly/25 free
200 IM on 4:00

4 x 50 on 1:15, odd breast/even free
200 Mixed on 4:00, 50 fly/50 back/25 breast/75 free
4 x 50 on 1:15, odd back/even free
200 Mixed on 4:00, 50 fly/25 back/25 free/25 breast/75 free
4 x 50 on 1:15, odd fly/even free
200 Mixed on 4:00, 25 IM Order/25 free
4 x 50 Kick on 1:30

Warm Down: 200 meters

200 easy

Total: 3,900 meters

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Friday

Warm Up: 1000 meters

2 x 150 Free on 3:00
3 x 100 Mixed on 2:00, 50 stroke/50 free
8 x 50 on 1:30, odd swim/even kick

Main Set: 1800 meters

4 x 100 Free on 1:50
4 x 50 Free on 1:00
4 x 100 Free on 1:45
4 x 50 Free on 0:55
4 x 100 Free on 1:40
4 x 50 Free on 0:50

Kick Set: 600 meters

3 rounds:

50 Kick on 1:30
100 Kick on 2:30
50 Kick on 1:30

IM Set: 800 meters

2 rounds:

3 x 50 IM Order on 1:15
1 x 50 Free on 1:15, easy
200 IM on 3:45

Total: 4,200 meters

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Saturday

Warm Up Set: 800 meters

300 Free on 5:00
200 Kick on 5:00
200 Free on 3:30, pull
100 Choice on 2:00

Drill Set: 600 meters

100 Kick on 3:00
2 x 50 on 1:30, fly or breast drill
2 x 50 on 1:15, non-free
100 Kick on 3:00
2 x 50 on 1:30, free or back drill
2 x 50 on 1:15, free

Main Set: 2200 meters

200 Choice on 4:00
6 x 50 Free on 1:00
200 Choice on 4:00
6 x 50 Non-Free on 1:15
200 Choice on 4:00
6 x 100 on 2:00, odds free/evens non-free
400 Choice on 7:00, 100 fast/200 moderate/100 easy

Warm Down: 200 meters

200 easy

Total: 3,800 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.