



Week of
June 5, 2023
to
June 10, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 800 meters

200 Free on 3:30
200 Kick on 5:00
200 Pull on 4:00
200 Choice on 4:00

Main Set: 2600 meters

12 x 50 Free on 1:10, odds fast/evens easy
6 x 100 Free on 1:50
200 Choice on 4:00, easy
10 x 50 Non-Free on 1:15, odds fast/evens easy
5 x 100 Non-Free (or IM) on 2:00
200 Choice on 4:00, easy

Warm Down: 300 meters

100 kick on 3:00, easy
4 x 50 Choice, easy, 0:15 rest

Total: 3,700 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

200 Free on 3:30
200 Kick on 5:00
200 IM on 4:00
200 Pull on 4:00
200 Choice on 4:00

Kick Set: 300 meters

6 x 50 Kick on 1:15

Main Set: 1800 meters

6 x 100 Choice on 1:50, strong
2 x 100 Choice on 2:30, fast
6 x 75 Choice on 1:30, strong
2 x 75 Choice on 1:45, fast
6 x 50 Choice on 1:10, strong
2 x 50 Choice on 1:20, fast

Warm Down: 400 meters

2 x 200 on 4:00, negative split, paddles and fins

TOTAL: 3,500 meters

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Wednesday

Warm Up Set: 1000 meters

200 Free on 3:30
2 x 100 Stroke on 2:00
4 x 50 on 1:15, 25 kick/25 swim
200 on 5:00, 50 kick/50 swim
200 Free on 3:30, pull

Stroke Set: 1600 meters

200 on 4:00, 50 fly/150 free
4 x 50 Fly on 1:20
200 on 4:00, 50 free/50 back/100 free
4 x 50 Back on 1:20
200 on 4:00, 100 free/50 breast/50 free
4 x 50 Breast on 1:20
200 IM on 4:00
4 x 50 Free on 1:20

Free/Open Water Set: 1000 meters

2 rounds:

1 x 100 Free on 1:50, 75 tarzan drill/25 swim
1 x 100 Free on 1:50, 50 tarzan drill/50 swim
1 x 100 Free on 1:50, 25 tarzan drill/75 swim
1 x 100 Free on 2:00, fast
1 x 100 Choice on 2:00, easy

Choice Set: 1000 meters

4 x 100 on 2:00, 75 easy/25 fast
3 x 100 on 2:00, 50 easy/50 fast
2 x 100 on 2:00, 25 easy/75 fast
1 x 100 on 2:00, easy

Total: 4,600 meters

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Thursday

Warm Up Set: 1200 meters

300 Free on 5:30
6 x 50 Kick on 1:30
3 x 100 Choice on 2:00
6 x 50 Non-Free on 1:15

Main Set: 1500 meters

6 x 50 Free on 0:55
3 x 100 Free on 1:45, descend 1 to 3
300 Free on 5:00, negative split
3 x 100 Free on 1:45, descend 1 to 3
6 x 50 Free on 0:55

Mixed Set: 1200 meters

4 rounds:

4 x 50 Choice on 1:15
2 x 50 Kick on 1:30

Total: 3,900 meters

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Friday

Warm Up: 700 meters

200 Free on 3:30
200 Kick on 5:00
200 Free on 4:00, pull
100 Choice on 2:00

Main Set: 2600 meters

800 Free, sprint every 4th 50
0:30 rest
2 x 50 Choice on 1:10, sprint
400 Free, moderate
0:20 rest
2 x 50 Choice on 1:10, sprint
3 x 200 Choice on 4:45
1: 50 fast/100 moderate/50 fast
2: 50 moderate/100 fast/50 moderate
3: 150 moderate/50 fast
2 x 50 Choice on 1:10, sprint
4 x 100 on 2:00, odds free/evens non-free
2 x 50 Choice on 1:10, sprint

Warm Down: 400 meters

200 Kick
200 easy

Total: 3,700 meters

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Saturday

Warm Up Set: 1000 meters

400 Free on 7:00
100 Kick on 2:30
400 Free on 7:00, pull
100 Kick on 2:30

Pre-Set: 600 meters

12 x 50 IM Order on 1:15
1 to 4: Kick
5 to 8 Drill
9 to 12: Swim

Main Set: 1200 meters

6 x 50 Fly on 1:15
6 x 50 Back on 1:15
6 x 50 Breast on 1:30
6 x 50 Free on 1:15

Pull Set: 600 meters

3 rounds:

150 Free on 2:30, pull
50 Free on 100, fast

Warm Down: 200 meters

4 x 50 easy

Total: 3,600 meters

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