



Week of
June 12, 2023
to
June 17, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 1200 meters

300 Free on 5:15
3 x 100 Free on 1:45
6 x 50 on 1:15, 25 swim/25 kick
6 x 50 Choice on 1:15, decent 1 to 3, 4 to 6

Main Set: 1600 meters

2 x 200 Free on 3:30, pull
8 x 50 Free on 0:55, descend 1 to 4, 5 to 8
2 x 200 Free on 3:30, negative split
8 x 50 Free on 0:55, descend 1 to 4, 5 to 8

Stroke/Kick Set: 1000 meters

2 rounds:
1: odd swim/even kick
2: odd swim/even free

2 x 50 Fly on 1:15
2 x 50 Back on 1:15
2 x 50 Breast on 1:15
200 IM on 4:00

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.



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Tuesday

Warmup: 1000 meters

300 Free on 5:15
400 Free on 7:00, pull
200 Kick on 4:30
100 Choice on 2:00

Main Set: 2700 meters

3 x 200 Free on 4:30
4 x 50 Free on 1:15, fast
100 Choice with 0:30 seconds rest, easy
3 x 200 Choice on 4:30
4 x 50 Kick on 1:30, fast
100 Choice with 0:30 seconds rest, easy
3 x 200 Free on 4:30
4 x 50 Choice on 1:15, fast
100 Choice with 0:30 seconds rest, easy

Warm Down: 300 meters

100 easy pull
100 easy kick
100 easy swim

TOTAL: 4,000 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: 700 meters

300 Free on 5:15
200 Free on 3:30, pull
100 Kick on 2:30
100 Choice on 2:00

Main Set: 2500 meters

12 x 50 Free
1 to 4 on 1:10
5 to 8 on 1:05
9 to 12 on 1:00
8 x 100
1 & 2 Free on 1:45
3 & 4 Kick on 2:30 (no fins)
5 & 6 Non-Free on 2:00
7 & 8 Pull on 2:00
10 x 50 Choice on 1:15, hold best average
6 x 100 Free on 1:45, descend 1 to 3, 4 to 6

Warm Down: 300 meters

300 easy

Total: 3,500 meters

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Thursday

Warm Up Set: 1000 meters

300 Free on 5:30
2 x 100 Free on 1:45
300 Kick/Swim (alternate by 50) on 6:00
4 x 50 Non-Free on 1:15

Main Set: 1900 meters

5 x 150 Free on 2:45, 100 moderate/50 fast
4 x 50 Kick on 1:30, 25 easy/25 fast
5 x 150 Free on 2:45, 100 fast/25 easy
4 x 50 Kick on 1:30, 25 fast/25 easy

Stroke Set: 800 meters

2 rounds:

100 Free on 1:45
4 x 50 IM Order on 1:15
100 IM on 2:00, fast

Warm Down: 200 meters

200 easy

Total: 3,900 meters

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Friday

Warm Up: 1000 meters

1000 Swim on 17:30

Main Set: 3000 meters

3 rounds:

4 x 100 Free on 1:45

100 IM on 2:00

100 Kick on 2:30

400 Free on 7:00

Warm Down: 200 meters

200 easy

Total: 4,200 meters

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Saturday

Warm Up Set: 800 meters

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

Main Set: 3000 meters

3 rounds:

300 Free on 5:15
100 Kick on 2:30
100 IM on 2:00
4 x 50 IM on 1:15
200 IM on 4:00
100 Free on 1:45

Warm Down: 200 meters

4 x 50 easy

Total: 4,000 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.