



Week of
June 19, 2023
to
June 24, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 1000 meters

400 Free on 7:00
200 Kick on 5:00
200 Free on 3:30, pull
4 x 50 IM on 1:15

Main Set 1: 1600 meters

8 x 50 on 1:15, 25 swim/25 kick
1 to 4: Free
5 to 8: Non-Free
16 x 50 on 1:15, swim
1 to 4: Free
5 to 8: Non-Free
9 to 12: Free
13 to 16: Non-Free
100 easy
4 x 50 Kick on 1:30
100 easy

Main Set 2: 800 meters

4 x 100 Choice on 2:00, 75 fast/25 easy
100 easy on 2:00
200 Free on 3:30
100 easy on 2:00

Warm Down: 600 meters

3 x 200 Free on 3:30

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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Tuesday

Warmup: 1200 meters

600 Free on 10:00
400 Free on 7:00, pull
200 Kick on 5:00

Main Set 1: 1500 meters

3 rounds:

2 x 100 Free on 1:45
4 x 50 Kick on 1:30
100 Choice on 2:00

Main Set 2: 1000 meters

2 x 500 Free on 9:00, 100 easy/300 build/100 hard

Warm Down: 200 meters

200 easy

TOTAL: 3,900 meters

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Wednesday

Warm Up Set: 1000 meters

200 Free on 3:30
6 x 50 Choice on 1:30, 25 drill/25 swim
2 x 100 Free on 1:45, pull
6 x 50 Stroke on 1:15
200 Free on 3:30

Main Set: 1600 meters

2 rounds:
1: IM/IM Order
2: Free

100 Free on 1:45
50 Kick on 1:30
50 Swim on 1:15
100 Free on 1:45
50 Kick on 1:30
50 Swim on 1:15
100 Free on 1:45
50 Kick on 1:30
50 Swim on 1:15
100 Free on 1:45
50 Kick on 1:30
50 Swim on 1:15

Free Set: 1000 meters

4 x 100 Free on 1:45, 75 easy/25 fast
3 x 100 Free on 1:45, 50 easy/50 fast
2 x 100 Free on 1:45, 75 fast/25 easy
100 Free on 1:45, fast

Warm Down: 200 meters

200 easy

Total: 3,800 meters

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Thursday

Warm Up Set: 700 meters

300 Free on 5:30
200 Choice on 4:00, 25 drill/25 swim
4 x 50 Kick on 1:30

Pre-Set: 500 meters

10 x 50 Free on 1:00, pull

Main Set: 2200 meters

8 x 25 Free on 0:30
6 x 50 Free on 1:00
4 x 75 Free on 1:30
2 x 100 Free on 1:45
1 x 200 Free on 3:30
2 x 100 Free on 1:45
4 x 75 Free on 1:30
6 x 50 Free on 1:00
8 x 25 Free on 0:30

Warm Down: 300 meters

3 x 100 easy

Total: 3,700 meters

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Friday

Warm Up: 2000 meters

10 x 200 Free on 3:30

Main Set: 2000 meters

400 Free on 7:00

4 x 100 IM on 2:00

300 Free on 5:15

3 x 100 IM on 2:00

200 Free on 3:30

2 x 100 IM on 2:00

100 Free on 1:45

100 IM on 2:00

Warm Down: 200 meters

200 easy

Total: 4,200 meters

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Saturday

Warm Up Set: 1000 meters

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

Main Set: 2300 meters

3 x 300 Free on 5:15
3 x 200 Free on 3:30
3 x 150 Free on 2:45
3 x 100 Free on 1:45
3 x 50 Free on 1:15

Mixed Set: 800 meters

8 x 100 IM Order on 2:30
25 swim
25 drill
25 kick
25 swim

Warm Down: 200 meters

4 x 50 easy

Total: 4,300 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.