



Week of
July 10, 2023
to
July 15, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 1000 meters

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

Kick Set: 400 meters

8 x 50 Kick on 1:30, no fins

Main Set: 3000 meters

500 Free on 9:00
10 x 50 on 1:15
 odds kick fast
 evens swim moderate
2 x 250 Free on 4:30, pull
10 x 50 Free, with fins
 3 on 0:50 fast
 2 on 1:00 easy
 3 on 0:50 fast
 2 on 1:00 easy
5 x 100 Free on 1:45, descend 1 to 4, easy on #5
10 x 50 on 1:15, with fins
 1 - 2 fly
 3 - 4 back
 5 - 6 free
 7 - 8 breast
 9 - 10 free

Warm Down: 100 meters

100 easy

Total: 4,500 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
100/75/50/25 Free with 0:10 sec rest in between, pull
20/50/75/100 Kick with 0:10sec rest in between
4 x 75 Free on 1:30, breathe 3/5/7

Main Set 1: 1300 meters

6 x 50 Choice on 1:15, 20 fast/25 easy
200 Free on 3:30, build
2 x 100 Choice on 2:00, moderate
50 Choice on 1:30, easy
200 Free on 3:30, build
3 x 50 Choice on 1:15, fast
50 Choice on 1:30, easy
4 x 25 Choice on 0:45, fast
50 Choice on 1:30, easy

Main Set 2: 900 meters

4 x 25 on 0:30, best stroke, fast
4 x 50 on 1:15, best stroke, build
4 x 50 on 1:15, worst stroke, 25 drill/25 swim
4 x 25 on 0:30, worst stroke
4 x 25 Free on 0:30, descend 1 to 4
4 x 50 Free on 1:15, maximize distance per stroke

Warm Down: 600 meters

100/75/50/25 Kick
25/50/75/100 Free, pull
100 easy

TOTAL: 3,800 meters

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Wednesday

Warm Up Set: 1000 meters

200 Free on 3:30
200 Choice on 4:00, 50 drill/50 swim
200 Free on 3:30, pull
200 Kick on 5:00
4 x 50 Choice on 1:15

Kick Set: 400 meters

8 x 50 on 1:30
odds: 25 flutter kick/25 swim
evens: 25 swim/25 dolphin kick

Main Set: 1900 meters

3 x 100 Free on 1:45, descend 1 to 3
2 x 125 Non-Free on 2:30
1 x 150 Free on 3:00, 50 fast/100 easy

3 x 75 Free on 1:30, descend 1 to 3
2 x 100 Non-Free on 2:00
1 x 125 Free on 2:30, 50 fast/75 easy

3 x 50 Free on 1:15, descend 1 to 3
2 x 75 Non-Free on 1:45
1 x 100 Free on 2:00, 50 fast/50 easy

3 x 25 Free on 0:45, descend 1 to 3
2 x 50 Non-Free on 1:15
1 x 75 Free on 1:30, 50 fast/25 easy

Warm Down: 400 meters

8 x 50 on 1:30, 25 swim/30 sec vertical kick/25 fast swim

Total: 3,700 meters

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Thursday

Warm Up Set: 600 meters

200 Free on 3:30
100 Kick on 2:30
4 x 50 Choice on 1:30, drill
100 Free on 2:00, pull

Main Set: 2600 meters

200 IM on 3:30
4 x 50 Free on 1:00
100 Free on 1:45, fast
200 Choice on 4:00, easy

200 IM on 3:30
4 x 50 Back on 1:15
100 Bac on 2:00, fast
200 Choice on 4:00, easy

200 IM on 3:30
4 x 50 Breast on 1:15
100 Breast on 2:00, fast
200 Choice on 4:00, easy

200 IM on 3:30
4 x 50 Choice on 1:15
100 Choice on 2:00, fast

Warm Down: 500 meters

200 easy pull
100 easy kick
200 easy swim

Total: 3,700 meters

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Friday

Swim/Kick Set: 3000 meters

10 rounds:

100 Free on 1:45

100 IM on 2:00

100 Kick on 2:30

Warm Down: 200 meters

200 easy

Total: 3,200 meters

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Saturday

Warm Up Set: 1000 meters

200 Free on 3:30
4 x 100 IM on 2:00
4 x 100 Kick on 2:30

Main Set: 2000 meters

4 rounds:

3 x 100 Free on 1:45, moderate
1 x 100 Free on 1:45, fast
1 x 100 Free on 2:00, recovery

Drill Set: 900 meters

12 x 75 on 1:30, swim/drill/kick, IM order

Warm Down: 200 meters

200 easy

Total: 4,100 meters

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