



Week of  
July 3, 2023  
to  
July 8, 2023

All intervals assume meters  
Subtract 10 sec per 100  
if yards

## **Monday**

Warm Up: 1000 meters

400 Free on 7:00  
100 IM on 2:30, drill  
400 Free on 7:00, pull  
100 IM on 2:30, drill

Pre-Set: 400 meters

100 on 2:00, 25 breast/75 free  
100 on 2:00, 25 back/75 free  
100 on 2:00, 25 breast/75 free  
100 on 2:00, 25 back/75 free

Main Set: 2000 meters

10 x 200 on 3:30, 50 drill/100 build to fast pace/50 easy  
odds: free  
evens: non-free

Kick Set: 300 meters

3 x 100 Kick on 2:30, 25 fast/75 moderate

Warm Down: 300 meters

300 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.



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## **Tuesday**

Warmup: 1000 meters

400 Free on 7:00  
200 Kick on 5:00  
400 Choice on 7:30, drill

Pre-Set: 1000 meters

4 x 50 Free on 1:10, 6 kicks for every 9 strokes  
4 x 50 Kick on 1:30  
4 x 50 Free on 1:05, 6 kicks for every 7 strokes  
4 x 50 Kick on 1:30  
4 x 50 Free on 1:00, 6 kicks for every 5 strokes

Main Set: 2000 meters

400 Free on 7:00, solid constant pace  
8 x 50 Free on 1:00, descend 1 to 4, 5 to 8  
400 Free on 7:00, solid constant pace  
8 x 50 Free on 1:00, descend 1 to 4, 5 to 8  
400 Free on 7:00, solid constant pace

Warm Down: 200 meters

200 easy

TOTAL: 4,200 meters

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## **Wednesday**

Warm Up Set: 700 meters

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

Main Set: 2700 meters

400 Free on 7:00, alternate 100 hard/100 easy  
12 x 50 Choice on 1:15, odds drill/evens swim  
100 Kick on 2:30  
400 Free on 7:00, alternate 100 easy/100 hard  
8 x 50 Choice on 1:15, descend 1 to 4, 5 to 8  
100 Kick on 2:30  
400 Free on 7:00, pull, swim, or drill  
4 x 50 Choice on 1:15, 25 fast/25 easy  
100 Kick on 2:30

Warm Down: 300 meters

300 easy

Total: 3,700 meters

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## **Thursday**

Warm Up Set: 1000 meters

2 x 150 Free on 2:30  
4 x 50 Choice on 1:15  
3 x 100 Free on 2:00, drill/swim  
4 x 50 Choice on 1:15

Kick Set: 400 meters

100 Kick on 2:30  
1 minute vertical kick  
100 Kick on 2:30, swim with overdrive kick  
100 Kick on 2:30  
1 minute vertical kick  
100 Kick on 2:30, swim with overdrive kick

Main Set: 1500 meters

3 rounds:

4 x 100 Free on 1:50, descend 1 to 4  
100 Free on 2:00, best effort, no gear

Sprint Set: 900 meters

3 rounds:

100 on 2:00, easy  
50 on 1:15, fast  
50 on 1:15, easy  
100 on 2:00, fast

Warm Down: 200 meters

200 easy

Total: 4,000 meters

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## **Friday**

Swim/Kick Set: 2400 meters

4 rounds:

200 Free on 3:30

200 IM on 4:00

200 Kick on 5:00

Warm Down: 200 meters

200 easy

Total: 2,600 meters

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## **Saturday**

Warm Up Set: 500 meters

500 Choice on 10:00

Main Set: 3600 meters

3 x 300 Free on 5:00

9 x 100 Free on 1:45

12 x 75 Free on 1:30

18 x 50 Free on 1:05

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.