



Week of
June 26, 2023
to
July 1, 2023

All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 1000 meters

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

Drill Set: 300 meters

6 x 50 on 1:10
odds: free drill
evens: non-free drill

Main Set: 2000 meters

4 rounds with 0:30 rest between rounds:

4 x 50 Choice on 1:00
2 x 50 Free on 1:10, easy
2 x 100 Choice on 2:00, second faster than the first

Warm Down: 500 meters

200 easy
100 kick
200 easy

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

200 Free on 3:30
2 x 100 Choice on 2:30, 50 kick/50 swim
200 Free on 3:30, pull
2 x 100 IM on 2:30, drill
200 Free on 3:30

Main Set: 2700 meters

4 x 75 on 1:30, 25 fly/50 free
4 x 40 on 1:00, 25 fly/25 free
4 x 25 on 0:40, fast fly

4 x 100 on 2:00, 50 back/50 free
4 x 75 on 1:30, 50 back/25 free
4 x 50 on 1:00, fast back

4 x 125 on 2:30, 75 choice fast/50 free
4 x 100 on 2:00, 75 choice fast/25 free
4 x 75 on 1:30, fast choice

Warm Down: 200 meters

200 easy

TOTAL: 3,900 meters

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Wednesday

Warm Up Set: 900 meters

400 Free on 7:00
300 Choice on 5:00, 25 drill/25 swim
4 x 50 Kick on 1:30

Pre Set: 600 meters

12 x 50 on 1:30
1 to 3: FTD
4 to 6: 3 kick/1 pull
7 to 9: Dolphin kick
10 to 12: Build

Main Set: 2100 meters

12 x 100 Free on 1:45
12 x 50 Free on 1:00
12 x 25 Free on 0:30

Warm Down: 200 meters

200 easy

Total: 3,800 meters

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Thursday

Warm Up Set: 1200 meters

400 Free on 7:00
200 Choice on 4:00
200 Kick on 5:00
4 x 50 Free on 1:15, pull with buoy only
4 x 50 Free on 1:15, using paddles

Kick Set: 300 meters

6 x 50 Kick on 1:30

Main Set: 2800 meters

4 x 50 Free on 1:00, streamline off each wall
4 x 50 Free on 1:15, 25 drill/25 swim
4 x 75 Free on 1:20, descend 1 to 4
4 x 75 Free on 1:30, 25 fly/25 back/25 free
4 x 100 Free on 1:40, 25 back/25 breast/50 free
4 x 100 Free on 1:50, IM/free or stroke/free
4 x 125 Free on 2:00, descend 1 to 4
4 x 125 Free on 2:10, fast

Warm Down: 300 meters

3 x 100 easy

Total: 4,600 meters

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Friday

Warm Up: 1000 meters

10 x 100 Free on 1:45

Main Set: 2000 meters

10 x 200 Kick on 5:00
odds: free
evens: IM or non-free

Warm Down: 200 meters

200 easy

Total: 3,200 meters

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Saturday

Warm Up Set: 1200 meters

300 Free on 5:00
6 x 50 Kick on 1:30
300 IM on 5:30
6 x 50 Kick on 1:30

Main Set: 2000 meters

400 Free on 7:00
4 x 100 IM on 2:15
300 Free on 5:00
3 x 100 IM on 2:15
200 Free on 3:15
2 x 100 IM on 2:15
100 Free on 1:45
100 IM on 2:15

Drill Set: 900 meters

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

Warm Down: 200 meters

4 x 50 easy

Total: 4,300 meters

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