



Monday

Warm up.....1000 yds

1 x 200 3:15
3 x 100 1:45
6 x 50 1:05 stroke
8 x 25 :30 strong

Kick set.....600 yds

1 x 200 4:30
2 x 100 2:15
8 x 25 :45 fast

Stroke/IM set.....900 yds

3x
4 x 25 :40 IM order perfect stroke
1 x 50 1:05 25fly/25back
1 x 50 1:05 25brst/25free
1 x 100 2:00 IM

Freestyle/pull.....1500 yds

6 x 100 1:30 desc 1-3/4-6
6 x 75 1:05 desc 1-3/4-6
6 x 50 :45 desc 1-3/4-6
6 x 25 :30 desc 1-3/4-6

Warm down

4 x 50 1:00

Total: 4200

Tuesday

March 26th.....4500 yds

Warm up.....1000 yds

3 x 100 1:45
4 x 50 1:05 stroke
3 x 100 1:30
8 x 25 :30 choice

Kick set.....600 yds

1 x 200 4:30 kick
4 x 50 1:15 kick
1 x 100 2:15 kick
4 x 25 :45 kick fast

IM set.....900 yds

4 x 50 1:00 IM order
2 x 200 3:30 IM
4 x 25 :45 IM order
2 x 100 1:45 IM
Freestyle/pull.....1800 yds
1 x 300 4:30 long & strong
2 x 150 2:15 neg split
3 x 100 1:30 last 25 strong
4 x 75 1:05 desc 1-4
6 x 50 :45 be consistent
12 x 25 :30 strong
Warm down.....200 yds
4 x 50 1:00

Total: 4500

Thursday

March 28th.....4450 yds

Warm up...1100 yds

2 x 200 3:15
8 x 25 :40 stroke
3 x 100 1:30
4 x 50 :50 desc 1-4

Kick set.....500 yds

1 x 200 4:30
3 x 100 2:15 desc 1-3

Sprint.....850 yds

1 x 200 4:00 fast broken 10secs at 100
3 x 100 2:00 fast broken 5secs at 50
5 x 50 1:00 #1 fast, 2 easy, 3 fast, 4 easy, 5 fast
4 x 25 :30 all fast

[All swims IM or stroke]

Freestyle/pull set.....1800 yds

8 x 100 1:30 desc 1-4/5-8
8 x 75 1:05 neg split
8 x 50 :45 strong

Warm down.....200 yds

4 x 50 1:00

Total: 4450

Friday

Warm up

1 x 200 3:15
2 x 150 2:30
4 x 75 1:30 IM/stroke
8 x 25 :30 strong.....**1000 yds**

Kick set

4x
1 x 100 2:15 mod

2 x 25 :45 fast.....**600 yds**

Sprint set

2 x 75 1:45

2 x 75 1:30

2 x 75 1:15

1 x 50 1:15 easy

3 x 50 1:15

3 x 50 1:00

3 x 50 :45

1 x 50 1:15 easy

4 x 25 :40

4 x 25 :30

4 x 25 :20.....**1300 yds**

[All swims fast and choice]

Freestyle set

2 x 200 3:00 neg split

4 x 100 1:30 desc 1-4

2 x 150 2:15 last 50 strong

4 x 75 1:05 all strong.....**1400 yds**

IF needed

16 x 25 :30 in IM order by 4....1:00 in between each 4

Warm down

4 x 50 1:00

Total: 4500