



Monday

Warm up 1400

2 x 150 [2:30]

3 x 100 [1:45] 50st/50free

3 x 100 [2:15] Kick

3 x 100 [1:30]

4 x 50 [:50] desc 1-4

Main set 600

6 x 100 [1:45] desc 1-3/4-6

Sprint set 600

6 x 50 [1:20] stroke

6 x 50 [1:15] free

[Odds: easy, Evens: sprint]

Freestyle set 1500

4 x 150 [2:15] long & strong

3 x 100 [1:30] desc 1-3

4 x 150 [2:05] neg split

Warm down 4 x 50 1:00

Totals:

4300 yards



Tuesday

Warm up 1200

2 x 150 2:30

4 x 75 1:30 stroke/IM

4 x 75 1:45 kick

3 x 100 1:30

Sprint set 800

4x

4 x 25 :30 1easy/3fast

3 x 50 1:00 1easy/2fast

2 x 75 1:15 1easy/1fast

1 x 100 2:00 fast

[All swims choice]

Freestyle set 2800

2x

4 x 100 1:30 last 25 fast

4 x 75 1:10 desc 1-4

4 x 100 1:20 neg split

4 x 75 1:00 all strong

Warm down 4 x 50 1:00

Total

5000 Yards



Wednesday

Warm up.....1050

6 x 100 1:45

6 x 50 1:05 choice

6 x 25 :30 strong

Stroke set 400

4x

1 x 75 1:30 mod

1 x 25 1:00 fast

[RD1 fly, RD2 back, RD3 brst, RD4 choice]

Kick set 400

2x

1 x 125 2:45

1:00 [vertical kick]

1 x 75 1:45 fast

Sprint set 700

2x

4 x 25 :20

4 x 25 :25

4 x 25 :30

2 x 25 :45 easy

[All swims choice]

Freestyle set 1750

1 x 250 3:45 long & strong

2 x 200 3:00 neg split

3 x 150 2:15 last 50 strong

4 x 100 1:30 desc 1-4

5 x 50 :45 strong (NO GEAR)

Warm down.....4 x 50 1:00

Total:4500



Thursday

Warm up 1100

2 x 150 2:30
4 x 75 1:15
4 x 75 1:30 IM/stroke
8 x 25 :30 strong

Kick set 500

4 x 75 1:45
8 x 25 :45 fast

Main set

4x 900

3 x 75 1:30 [#1 stroke, #2 IM or 25st/25fr/25st, #3 free]
[Desc by rounds 1-4]

Freestyle set

2x 1800

1 x 300 4:30 long & strong
4 x 75 1:05 desc 1-4
1 x 300 4:30 long & strong
[Goal: be consistent on effort and pace for both 300s each round]

Warm down.....4 x 50 1:00

Total:
4500



Friday

Warm up - 1200

2x

1 x 200 3:15 - swim/drill by 50 - choice

1 x 150 2:30

1 x 100 2:15 kick

1 x 75 1:15

1 x 50 1:15 stroke

1 x 25 :30 strong

Main set - 1500

20 x 25 :45 stroke alt. 1perfect st /4fast

20 x 25 :30 free alt. 1perfect st /4fast

10 x 50 1:05 choice alt. 1perfect st /1fast

Freestyle set - 1400

1 x 100 1:30 mod

1 x 200 3:00 neg split

1 x 400 6:00 long & strong

1 x 400 5:30 long & strong

1 x 200 2:45 neg split

1 x 100 best effort

Warm down.....4 x 50 1:00

Total:

4300