



All intervals assume yards
Add 10 sec per 100
if meters

Monday

Warm Up: 1200 yards

200 Free on 3:00
200 Free on 3:30, 50 drill/50 swim
200 Mixed on 4:00, 50 kick/50 swim
200 Free on 3:30, pull
4 x 50 Kick on 1:15
4 x 50 Stroke on 1:00, IM order

Freestyle Set: 1000 yards

4 x 100 Free on 1:45, pull
4 x 75 Free on 1:20, swim/tarzan drill/swim
4 x 50 Kick on 1:10
4 x 25 Free on 0:40, fast

Stroke Set: 1500 yards

4 x 50 on 1:00, fly/free
4 x 50 on 1:00, back/free
4 x 50 on 1:00, breast/free
3 x 50 on 1:10, dolphin kick/fly
3 x 50 on 1:10, back kick/back
3 x 50 on 1:10, breast kick/breast
2 x 50 on 1:00, fly
2 x 50 on 1:00, back
2 x 50 on 1:00, breast
1 x 50 on 1:15, fly fast
1 x 50 on 1:15, back fast
1 x 50 on 1:15, breast fast

Warm Down: 200 yards

200 easy

Total: 3,900 yards

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: 900 yards

300 Free on 4:30
300 Free on 5:00, pull
300 IM on 5:00

Kick Set: 400 yards

8 x 50 on 1:10
2 x dolphin kick
2 x choice kick
2 x dolphin kick on back
2 x choice

Main Set: 1600 yards

2 x 100 Free on 1:30
2 x 100 Fly on 1:45, with fins
2 x 100 Free on 1:30
2 x 100 Back on 1:45, with fins
2 x 100 Free on 1:30
2 x 100 Breast on 1:45, with fins
2 x 100 Free on 1:30
2 x 100 Free on 1:45, sprint with fins

Pull Set: 700 yards

2 x 300 Free on 4:30, breathe every 7/5/3 by 100s
1 x 100 Free, fast

Warm Down: 200 yards

200 choice

TOTAL: 3,800 yards

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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Wednesday

Warm Up Set: 1200 yards

2 Rounds:

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

Main Set: 2400 yards

3 Rounds as:

- 1: Perfect chosen stroke, kick on the 50s
- 2: IM order, free on the 50s
- 3: Free strong, each choice on the 50s

6 x 25 on 0:40
50 on 1:00 (1:15 for R1)
2 x 75 on 1:15
50 on 1:00 (1:15 for R1)
3 x 50 on 1:00
50 on 1:00 (1:15 for R1)
150 on 2:30
50 on 1:00 (1:15 for R1)

Warm Down: 200 meters

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.



All intervals assume yards
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if meters

Thursday

Warm Up Set: 800 yards

200 Free on 3:00
6 x 50 Kick with 0:10 rest in between
300 Free on 5:00, pull

Main Set 1: 2200 meters

8 x 50 Free on 0:50
300 Free on 4:30
8 x 50 Free on 0:55
200 Free on 3:00
6 x 50 Choice on 1:00
100 Free on 1:30
6 x 50 Choice on 1:50
200 Free on 3:00

Main Set 2: 800 yards

6 x 25 Free on 0:30, fast
200 Free on 3:00
6 x 25 Choice on 0:30, fast
300 Choice on 5:00

Warm Down: 200 yards

200 easy

Total: 4,000 yards

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.



All intervals assume yards
Add 10 sec per 100
if meters

Friday

Warm Up: 800 yards

200 Free on 3:00
6 x 50 Kick, 0:10 rest in between
300 Free on 3:30, pull

Main Set 1: 2200 yards

8 x 50 Free on 0:50
300 Free on 4:30
8 x 50 Free on 0:55
200 Free on 3:00
6 x 50 Choice on 1:00, negative split
100 Free on 1:30
6 x 50 Choice on 1:05, hold best average
200 Free on 3:00

Main Set 2: 800 yards

6 x 25 Free on 0:30, fast
200 IM on 3:30
6 x 25 Stroke on 0:30, fast
300 Free on 4:30

Warm Down: 200 yards

200 easy

Total: 4,000 yards

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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if meters

Saturday

Warm Up Set: 900 yards

300 Free on 4:30
200 Free on 3:30, 50 drill/50 swim
200 Mixed on 3:30, 50 stroke/50 free
4 x 50 Kick on 1:15

Mixed Set: 750 yards

10 x 75 on 1:30, 25 drill/25 swim/25 build
1 to 6: IM order, no free
7 to 10, free

Main Set: 2100 yards

4 x 100 IM on 1:45
4 x 50 IM Order on 1:00
4 x 25 IM Order on 0:40

4 x 100 Choice on 1:45
4 x 50 Choice on 1:00
4 x 25 Choice on 0:40

4 x 100 Free on 1:30
4 x 50 Free on 0:50
4 x 25 Free on 0:30

Warm Down: 200 yards

200 easy

Total: 3,950 yards

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.