



All intervals assume yards
Add 10 sec per 100
if meters

Monday

Warm Up: 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 Free on 0:50, descend 1 to 4

Main Set: 2400 yards

6 x 100 IM on 1:45, descend 1 to 3, 4 to 6
200 Free on 3:30, easy

6 x 100 Free on 1:30, descend 1 to 3, 4 to 6
200 Free on 3:30, easy

6 x 100 Free on 1:20
200 Free on 3:30, easy

Sprint Set: 500 yards

20 x 25s on 0:45
4 x Kick
4 x Free
4 x Stroke
4 x Free
4 x Choice

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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Tuesday

Warmup: 900 yards

100 Free on 1:30
200 Free on 3:00
300 Free on 4:30
200 Free on 3:00
100 Free on 1:30

Main Set 1: 850 yards

4 x 25 Free on 0:30
4 x 25 Back on 0:35
4 x 25 Free on 0:30
4 x 25 Breast on 0:30
200 Free on 3:30
150 Free on 2:30
100 IM on 1:45

Main Set 2: 1300 yards

4 x 100 Free on 1:40, pull
100 Free on 1:40, easy
4 x 75 Free on 1:05, pull
100 Free on 1:40 easy
4 x 50 Free on 0:50
100 Free on 1:40, easy
4 x 25 Free on 0:30

Main Set 3: 750 yards

250 Free on 3:45
200 Back on 3:30
5 x 50 Non-Free on 1:00
50 Choice on 1:00, easy

Warm Down: 200 yards

200 easy

TOTAL: 4,000 yards

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Wednesday

Warm Up Set: 1000 yards

250 Free on 3:45
250 Free on 4:15, pull
5 x 50 on 1:10, 25 kick/25 free
5 x 50 Choice on 1:00, build

Kick/Drill Set: 300 yards

4 x 25 Fly on 0:40, odds kick/evens drill
4 x 25 Back on 0:40, odds kick/evens drill
4 x 25 Breast on 0:40, odds kick/evens drill

Main Set: 2600 yards

200 IM on 3:30, 25 stroke/25 free
4 x 50 Fly on 1:00
200 IM on 3:30, 50 fly + 25 stroke/25 free
4 x 50 Back on 1:00
200 IM on 3:30, 50 fly + 50 back + 25 stroke/25 free
4 x 50 Breast on 1:10
200 IM on 3:30
4 x 50 Free on 1:00

2 x 50 Fly on 1:00
200 IM on 3:15, free/back/breast/free
2 x 50 Back on 1:00
200 IM on 3:30, free/free/breast/free
2 x 50 Breast on 1:10
200 Free on 3:00
2 x 50 Free on 1:00

Warm Down: 200 yards

200 easy

Total: 4,100 meters

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Thursday

Warm Up Set: 600 yards

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

Main Set: 3300 yards

100 Non Free on 1:45
500 Free on 7:30
200 IM on 3:30
400 Free on 6:00
300 Non Free on 5:30
300 Free 4:30
400 Free on 6:30, pull
200 Free on 3:00
Rest 0:30 seconds
5 x 100 Free on 1:30
8 x 50 Choice on 1:00

Warm Down: 200 yards

200 easy

Total: 4,100 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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Add 10 sec per 100
if meters

Friday

Warm Up: 1000 yards

400 Free on 6:00
300 on 5:00, 50 stroke/50 free
200 on 3:30, 25 kick/25 swim
100 Choice on 1:45

Pre-Set: 600 yards

6 x 100 on 2:00
odds: 5 strokes tarzan drill + 7 strokes free
evens: 10 strokes free + 4 strokes breast

Main Set: 2250 yards

3 x 200 Free on 3:00
6 x 100 Free on 1:45, sight breathing
6 x 75 Free on 1:15, 25 free/25 tarzan drill/25 free
6 x 50 Free on 1:00, draft behind
6 x 25 Free on 0:45, swim fast + tread water
6 x 25 Free on 0:40, side by side sprints

Warm Down: 200 yards

200 easy

Total: 4,050 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 3:15, 50 drill/50 swim
4 x 50 Choice on 1:15, 25 kick/25 swim
200 IM on 4:00, drill

Main Set: 2400 yards

8 x 25 Kick on 0:40, IM or stroke
6 x 50 IM or Stroke on 1:00
4 x 75 IM Order or Stroke on 1:20, kick/build/swim
100 on 1:45, 50 fly/50 breast
100 on 1:45, 50 back/50 free
200 IM on 3:30, best effort

8 x 25 Kick on 0:40, free
6 x 50 Free on 0:50
4 x 75 Free on 1:10, kick/build/swim
2 x 100 Free on 1:30
200 Free on 3:00, best effort

Warm Down: 300 yards

6 x 50 Choice on 1:00

Total: 3,600 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.