



All intervals assume yards
Add 10 sec per 100
if meters

Monday

Warm Up: 1000 yards

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

Main Set 1: 600 yards

2 x 75 Free on 1:30, 25 swim/25 kick/25 swim
2 x 75 Free on 1:30, 25 kick/25 swim/25 kick
2 x 50 Free on 1:00, 25 swim/25 kick
2 x 50 Free on 1:00, 25 kick/25 swim
2 x 25 Kick on 0:40, dolphin kick
2 x 25 Kick on 0:40, flutter kick

Main Set 2: 2200 yards

4 x 100 Free on 2:00, descend 1 to 4
50 Free on 1:00, easy
4 x 100 Free on 1:50, descend 1 to 4
50 Free on 1:00, easy
4 x 100 Free on 1:40, descend 1 to 4
50 Free on 1:00, easy
4 x 100 Free on 1:30, descend 1 to 4
50 Free on 1:00, easy
4 x 100 Free on 1:20, descend 1 to 4

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

200 Free on 3:00
300 Kick on 6:00
200 IM on 4:00, drill
4 x 50 Choice on 1:00, build

Pre Set: 600 yards

8 x 50 Fly on 1:00, 3 kicks per stroke
8 x 25 Fly on 0:30, 3 kicks per stroke

Main Set : 2100 yards

300 Free on 4:30
4 x 25 Free on 0:30
200 IM on 3:30
6 x 25 Free on 0:30
100 IM on 1:45
8 x 25 Free on 0:30

100 IM on 1:45
8 x 25 Free on 0:40
200 IM on 3:30
6 x 25 Free on 0:40
300 Free on 4:30
4 x 25 Free on 0:40

Warm Down: 300 yards

3 x 100 Free on 1:45, pull

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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Wednesday

Warm Up Set: 1200 yards

4 x 150 Free on 2:45, 50 drill/100 swim
4 x 100 IM Order on 2:00, 25 drill/25 kick/25 drill/25 swim
4 x 50 Free on 1:00, 25 kick/25 swim

IM/Stroke Set: 1200 yards

4 x 50 IM Order on 1:00
100 Free on 1:30, easy
4 x 50 Fly on 1:00 (or 25 fly/25 free)
100 Free on 1:30, easy
4 x 50 Back on 1:00 (or 25 back/25 free)
100 Free on 1:30, easy
4 x 50 Breast on 1:10 (or 25 breast/25 free)

Main Set: 1600 yards

100 Kick on 2:15, 25 fast/75 easy
100 Kick on 2:15, 50 fast/50 easy
100 Kick on 2:15, 75 fast/25 easy
100 Kick on 2:15, fast

100 IM on 2:00, 25 fast/75 easy
100 IM on 2:00, 50 fast/50 easy
100 IM on 2:00, 75 fast/25 easy
100 IM on 2:00, fast

100 Stroke on 2:00, 25 fast/75 easy
100 Stroke on 2:00, 50 fast/50 easy
100 Stroke on 2:00, 75 fast/25 easy
100 Stroke on 2:00, fast

100 Free on 1:45, 25 fast/75 easy
100 Free on 1:45, 50 fast/50 easy
100 Free on 1:45, 75 fast/25 easy
100 Free on 1:45, fast

Warm Down: 200 yards

200 easy

Total: 4,200 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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Thursday

Warm Up Set: 1200 yards

2 x 300 Free on 5:00, 100 swim/100 drill/100 swim
2 x 200 Free on 3:30, pull
2 x 100 Mixed on 1:45, 50 free/50 back

Kick/Swim Set: 600 yards

3 minute kick, 20 seconds easy/20 seconds fast
6 x 25 Free on 0:30
3 minute kick, 15 seconds easy/15 seconds fast
6 x 25 Non-Free on 0:40

Main Set: 1500 yards

4 x 25 Kick on 0:40, underwater dolphin
2 x 50 Fly on 1:00
100 Choice on 2:00, easy
4 x 25 Kick on 0:40, underwater flutter
2 x 50 Back on 1:00
100 Choice on 2:00, easy
4 x 25 Kick on 0:40, underwater dolphin
2 x 50 Breast on 1:05
100 Choice on 2:00, easy
4 x 25 Kick on 0:40, underwater flutter
2 x 50 Free on 1:00
100 Choice on 2:00, easy
4 x 25 Choice on 0:40
2 x 50 Choice on 1:00
100 Choice on 2:00, easy

Warm Down: 200 yards

200 easy

Total: 3,500 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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Friday

Warm Up: 800 yards

300 Free on 4:30
200 Free on 3:30, pull
4 x 50 Non Free, 0:10 rest between
100 Kick on 2:00

Main Set: 3400 yards

6 x 75 Choice on 1:30, kick/drill/swim
2 x 200 IM on 3:30
5 rounds:
50 Choice on 1:10
50 Choice on 1:00
50 Choice on 0:50
100 Choice on 2:00, easy
6 x 150 Choice on 3:00, descend 1 to 3/4 easy/5 fast/6 easy
4 rounds, odds free/evens non-free:
3 x 25 on 0:40, sprint
1 x 50 on 1:00, 200 pace
1 x 75 on 1:30, easy

Warm Down: 200 yards

200 easy

Total: 4,400 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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Saturday

Warm Up Set: 1000 yards

2 x 200 Free on 3:00
6 x 25 Non-Free on 0:40
3 x 100 Choice on 2:00, 50 kick/50 swim
6 x 25 Free on 0:30

Pre Set: 300 yards

4 Rounds, odds swim/evens kick:

1 x 25 on 0:40
1 x 50 on 1:05

Free Set (Pull Optional): 1800 yards

2 x 150 Free on 2:30
4 x 75 Free on 1:15
2 x 150 Free on 2:20
4 x 75 Free on 1:10
2 x 150 Free on 2:15
4 x 75 Free on 1:05

Stroke Set: 700 yards

2 Rounds:

4 x 25 IM Order on 0:40
100 IM on 2:00, fast
3 x 25 IM Order on 0:40
75 IM on 1:30, fast

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.