



All intervals assume yards
Add 10 sec per 100
if meters

Monday

Warm Up: 1200 yards

200 Free on 3:00
2 x 100 Free on 1:40, drill
200 Kick on 4:00, reverse IM
2 x 100 IM on 2:00, drill
200 Choice on 3:30
2 x 100 on 2:00, 50 stroke/50 free

Rolling IM Set: 1100 yards

3 Rounds in the order of Drill on 1:15, Kick on 1:15, Swim on 1:00

50 Fly
25 Fly/25 Back
50 Back
25 Back/25 Breast
50 Breast
25 Breast/25 Free
50 Free

After third round, easy 50 to return to starting end of the pool

Main Set: 1500 yards

4 x 100 IM on 1:45, descend 1 to 4
100 Free on 1:30, moderate
2 x 200 IM on 3:30, 25 stroke/25 free
100 Free on 1:30, moderate
400 IM on 7:00, 50 stroke/50 free
100 Free on 1:30, moderate

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: 700 yards

300 Free on 5:00
200 Free on 4:00, pull
100 Kick on 2:00
100 Choice on 1:45

Main Set: 2200 yards

4 Rounds:

3 x 50 Choice on 1:00, descend 1 to 3
200 Choice on 3:30, smooth and strong
3 x 50 Non-Free on 1:10
1 x 50 Choice on 1:00, build

1 minute rest between rounds

Warm Down: 500 yards

200 easy, choice
200 pull
100 easy, choice

TOTAL: 3,400 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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Wednesday

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

Main Set: 2600 yards

6 x 50 Mixed on 1:00, 25 non-free/25 free
6 x 50 Free on 1:00, 25 swim/25 build

4 x 100 Free on 1:30
2 x 50 Free on 1:00, sprint
4 x 100 IM on 1:45
2 x 50 Free on 1:00, sprint
4 x 100 Choice on 1:45
2 x 50 Free on 1:00, sprint
4 x 100 Free on 1:30
2 x 50 Free on 1:00, sprint

Warm Down: 200 meters

200 easy

Total: 3,700 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 200 Free on 3:15
2 x 200 Free on 3:30, 50 drill/50 swim
2 x 200 Free on 4:00, 50 swim/50 kick

First Set: 600 meters

8 x 75 on 1:30
odds: 50 swim/25 kick
evens: 50 kick/25 swim

Second Set: 800 yards

4 x 100 on 1:45, 75 free/25 stroke
4 x 100 on 1:45, 75 stroke/25 free

Third Set: 1200 yards

4 x 300 Free on 5:00
50 fast swim
50 easy kick
100 fast swim
100 easy kick

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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Friday

Warm Up: 800 yards

400 Free on 6:30, easy
8 x 50 Free on 1:00, 25 build/25 easy

Main Set: 3000 yards

3 Rounds:

6 x 100 Free on 1:30
400 IM on 6:30

1:00 rest between rounds

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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Add 10 sec per 100
if meters

Saturday

Warm Up Set: 1000 yards

400 Free on 6:00
300 Free on 5:00, pull
200 Kick on 4:00
100 Choice on 1:45

Main Set: 2400 yards

4 x 50 on 1:00, non-free
200 Free on 3:00, build
200 Free on 3:30, pull

4 x 50 Free on 0:50
200 IM on 3:30
200 Kick on 4:00

4 x 50 on 1:00, non-free
200 Free on 3:00, build
200 Free on 3:30, pull

4 x 50 Free on 0:50
200 IM on 3:30
200 Kick on 4:00

Warm Down: 400 yards

4 x 50 Choice on 1:10, drill
200 easy

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.