



All intervals assume meters
Subtract 10 sec per 100
if yards

Monday

Warm Up: 800 meters

200 Free on 3:30
200 IM on 4:30, drill
200 Free on 4:00, pull
200 Choice on 4:00

First Set: 800 meters

4 x 100 Free on 1:50, with fins, first 15 meters underwater
4 x 100 Free on 1:50, no fins, first 15 meters underwater

Main Set: 1200 meters

8 x 50 Free on 1:00, with fins, 25 kick fast/25 swim
8 x 50 Free on 1:00, with fins, build each 50
8 x 50 Choice on 1:00, descend 1 to 4, 5 to 8

Pull Set: 600 meters

3 x 200 Free on 3:30, pull #1, swim #2, pull #3

Warm Down: 200 meters

200 easy

Total: 3, 600 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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Tuesday

Warmup: 1000 meters

300 Swim on 5:00, easy
200 Free on 4:00, with pull buoy
100 Kick on 2:15, flutter kick
4 x 50 on 1:15, IM order
4 x 50
 odds: Free on 1:00
 evens: Kick on 1:30

Main Set: 2700 meters

100 Kick on 2:15
200 Free on 3:30
100 IM on 2:00
200 Free on 3:30
100 Fly on 2:00
200 Free on 3:30

200 Kick on 4:30
100 Free on 1:45
200 IM on 4:00
100 Free on 1:45
200 Back on 4:00
100 Free on 1:45

100 Kick on 2:15
200 Free on 3:30
100 IM on 2:00
200 Free on 3:30
100 Breast on 2:00
200 Free on 3:30

Warm Down: 200 meters

200 easy

TOTAL: 3,900 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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Wednesday

Warm Up Set: 700 meters

300 Free on 3:30
200 Free on 4:00, pull
100 Kick on 2:15
100 Choice on 2:00

Main Set: 2900 meters

400 Choice, every 4th lap is non-free, 0:20 rest
4 x 100 Choice on 2:00, sprint for one 50
400 Free, 0:20 rest
4 x 100 Choice on 2:00, sprint for one 50
300 Choice, strong, 0:15 rest
4 x 100 Choice on 2:00, sprint for one 50
200 Free on 4:20, strong
4 x 100 Free on 2:00, descend 1 to 4

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.



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Thursday

Warm Up Set: 1000 meters

250 Free on 4:30, 50 drill/50 swim
250 Free on 4:30, 50 swim/50 kick
250 on 4:30, 50 free/50 non-free
250 Free on 3:30, pull

IM Set: 1200 meters

50 IM on 1:15
2 x 25 Choice on 0:40, non-free
75 IM on 1:40
3 x 25 Free on 0:40
100 IM on 2:00
4 x 25 IM Order on 0:40
150 IM on 3:00
6 x 25 Free on 0:40
200 IM on 4:00
8 x 25 Im Order on 0:40
50 easy

Mixed Set: 1200 meters

4 x 150 on 3:00, 50 kick/50 free/50 kick
4 x 100 IM on 2:00, fast
4 x 50 IM on 1:15

Warm Down: 200 meters

200 easy

Total: 3,600 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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Friday

Warm Up: 900 meters

300 Free on 5:00
200 Free on 4:00, 50 drill/50 swim
200 on 4:30, 50 stroke/50 free
4 x 50 Kick on 1:30

Main Set: 2700 meters

6 x 200 Free on 3:30, descend 1 to 3, 4 to 6
60 x 25
10 Kick on 0:40
10 Non-Free on 0:35
10 IM on 0:35
10 Free on 0:30, descend 1 to 5, 6 to 10
10 Free on 0:30, build each 25
10 Choice on 0:45, sprint

Warm Down: 300 meters

3 x 100 pull, each

Total: 3,900 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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Saturday

Warm Up Set: 1100 meters

3 x 100 Free on 2:00, easy
6 x 50 Stroke on 1:15
3 x 100 Choice on 2:00
4 x 50 Kick on 1:30

Stroke Set: 600 meters

3 Rounds in the order of Fly, Back, Breast

4 x 25 on 0:40
1 x 100 on 2:00

Free Set: 1000 meters

3 x 100 Free on 1:50
3 x 100 Free on 1:45
3 x 100 Free on 1:40
1 x 100 Free, best effort

Sprint Set: 800 meters

4 Rounds in the order of Free, Kick, Choice, Kick

50 on 1:15, easy
2 x 25 on 0:45, fast
2 x 25 on 0:45 easy
50 on 1:15, fast

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.