



All intervals assume yards  
Add 10 sec per 100  
if meters

## **Monday**

Warm Up: 800 yards

300 Free on 4:30  
4 x 50 Kick, 0:10 seconds rest between, alternate free and non-free  
200 Free on 3:30, pull  
100 Choice on 2:00

IM Set : 300 yards

4 x 75 on the 1:30

Free Set : 700 yards

4 x 50 Free on the 1:00  
4 x 50 Free on 0:55  
4 x 50 Free on 0:50  
100 easy

Main Set: 2000 yards

4 Rounds in the order of Free, Kick, Pull, Non-Free:

1 x 125 on 2:30  
1 x 75 on 1:30  
1 x 50 on 1:00

4 Rounds in the order of Free, Non-Free, Free, Non-Free:

1 x 75 on 1:30  
1 x 125 on 2:30  
1 x 50 on 1:00

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.



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## **Tuesday**

Warmup: 1000 yards

2 x 200 Free on 3:00  
2 x 150 Mixed on 2:30, 50 free/50 stroke/50 free  
2 x 100 Mixed on 2:00, 50 kick/50 choice  
2 x 50 Choice on 1:00, build

First Set: 1800 yards

300 Kick on 5:30  
300 Free on 4:30, pull  
300 Free on 4:30, fins and paddles  
200 Kick on 3:30  
200 Free on 3:00, pull  
200 Free on 3:00, fins and paddles  
100 Kick on 2:00  
100 Free on 1:45, pull  
100 Free on 1:30, fins and paddles

Second Set : 1000 yards

10 x 25 Free on 0:25  
10 x 25 Non-Free on 0:30  
10 x 25 Kick on 0:35  
10 x 25 Choice on 0:40

alternate odds easy/evens 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.



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if meters

## **Wednesday**

Warm Up Set: 1000 yards

200 Free on 3:00  
4 x 100 Kick on 2:15  
200 Mixed on 1:45, 50 non-free/50 free  
4 x 50 Kick on 1:15

Drill Set: 450 yards

9 x 50 on 1:00, 1 to 3 IM order, 4 to 6, free, 7 to 9 descending

Main Set: 2000 yards

4 x 100 IM on 1:45, descend 1 to 4  
4 x 25 IM Order on 0:45, fast  
4 x 100 IM on 1:45, descend 1 to 4  
4 x 25 IM Order on 0:45, fast  
4 x 100 Free on 1:30, descend 1 to 4  
4 x 25 Free on 0:45, fast  
4 x 100 Free on 1:20, descend 1 to 4  
4 x 25 Free on 0:45, fast

Warm Down: 300 yards

3 x 100 on 2:00, easy

Total: 3,750 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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if meters

## **Thursday**

Warm Up Set: 1000 yards

400 Free on 6:00  
300 Mixed on 5:00, 25 back/25 free  
200 Mixed on 3:45, 25 breast/25 free  
100 Mixed on 1:35, 25 fly drill/25 free

Kick/Swim Set: 600 yards

4 Rounds:

6 x 25 on 0:40  
1: odds fly w/flutter kick/evens dolphin kick  
2: odds back arms w/ dolphin kick/evens back kick  
3: odds breast w/flutter kick/evens breast kick  
4: odds free arms w/dolphin kick/evens flutter kick

Main Set: 1900 yards

5 x 100 on 1:45, 25 fly/75 free  
100 Back on 2:00  
4 x 100 on 1:45, 25 free/25 back/50 free  
100 Breast on 2:00  
3 x 100 on 1:45, 50 free/25 breast/25 free  
100 Free on 2:00  
2 x 100 Free on 1:45  
100 Choice on 2:00  
100 IM on 2:00, fast

Pull Set: 400 yards

4 x 100 Free on 1:45  
1: 75 fast/25 easy  
2: 50 fast/50 easy  
3: 25 fast/75 easy  
4: 100 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.



All intervals assume yards  
Add 10 sec per 100  
if meters

## **Friday**

Warm Up: 1100 yards

200 Free on 3:15  
2 x 150 Free on 2:30  
3 x 100 Free on 1:30  
4 x 75 Choice on 1:30

Kick Set: 400 yards

4 Rounds:

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

Stroke Set: 600 yards

4 Rounds, IM Order:

3 x 25 on 0:45, drill  
1 x 75 on 1:30, strong

Freestyle Set: 2250 yards

3 x 100 Free on 1:30  
3 x 100 Free on 1:25  
3 x 100 Free on 1:20  
1 x 100 Free on 2:00, easy  
3 x 75 Free on 1:15  
3 x 75 Free on 1:10  
3 x 75 Free on 1:05  
1 x 75 Free on 2:00, easy  
3 x 50 Free on 0:55  
3 x 50 Free on 0:50  
3 x 50 Free on 0:45  
1 x 50 Free on 2:00, easy

Warm Down: 200 yards

4 x 50 on 1:00, easy

Total: 4,450 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**

Big Set: 4000 yards

400 Free on 6:30, easy  
8 x 50 Free on 0:50  
400 IM on 6:30  
8 x 50 Kick on 1:15  
400 free on 6:00  
8 x 50 IM Order on 1:00  
400 IM on 6:30  
8 x 50 Free on 0:50  
400 Free on 6:00  
8 x 50 IM Order on 1:00

Warm Down: 200 yards

200 easy

Total: 4,200 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.