

Monday, March 24:

Warmup (500 yards)

1x200 free easy
2x100 stroke/IM easy
8x25 IM order @0:40

Pre-Main Set (800 yards)

4x50 choice drill @1:10
2x100 choice perfect turns + breakouts @2:00
— 2:00 rest —
4x25 kick JMI @0:45
4x75 choice DPS @1:30

“Main” Set (400 yards)

2x50 choice drill (spin, one-arm, etc.) @1:10
4x25 no breather @0:50
2x50 choice fast turn @1:00
4x25 V-Sprints @0:50

Warm Down (200 yards)

4x50 choice easy

Total yards: 1900

Tuesday, March 25:

Warmup (900 yards)

2x200 free easy

2x100 stroke/IM easy

6x50 odds pull, evens kick @1:00

Main Set (600 yards)

4x50 choice fast OR 200 pace @1:00/1:30

4x75 perfect technique @1:30

4x25 FAST @0:45

Warm Down (200 yards)

2x100 free easy

Total yards: 1700

Wednesday, March 26:

Warmup (600 yards)

1x200 choice easy
2x100 stroke/IM order
8x25 V-Sprint @0:45

Main Set (700 yards)

4x50 breath control @1:00/1:15
4x75 perfect technique @1:30
4x25 FAST @0:45

Warm Down (200 yards)

4x50 choice easy

Total yards: 1500

Thursday, March 27:

*This is also the meet warmup I would suggest for morning warmups at Nationals.
But of course, please tailor it to your needs, whether that be more or less yards!

Meet Warmup (1000 yards)

1x300 free

1x200 stroke

4x25 kick easy w/ fast tempo @1:00

4x50 sprint the turn + breakout (warm up sprint muscles w/o fatigue)

4x50 choice breath control @1:00 (opens the lungs, especially for sprint events)