

Wednesday, January 22:

**Warmup (900 yards)**

4x100 free @2:00  
6x50 choice drill/swim @1:00  
8x25 choice stroke @0:45

**Kick Set (500 yards)**

1x100 kick @2:00  
4x50 kick w/o board @1:00  
8x25 kick odds @0:45

\*breath control: 1-2 breaths per 25

**Main Set (1600 yards)**

2 rounds:  
1x200 free, negative split by 100 @2:30/3:00  
4x50 breath control @1:15  
8x25 build to sprint 1-4, 5-8 @0:40/0:45  
2x100 focus on fast turns @1:45/2:00

**Warm Down (200 yards)**

4x50 choice easy

Thursday, January 23:

**Warmup (1000 yards)**

4x100 free easy @2:00

6x50 social kick @1:30

12x25 IM order @0:40

**Main Set I (900 yards)**

4x75 alt kick/drill/swim by 25 @1:20/1:30

4x50 stroke drill @1:00/1:10

2x100 IM swim @2:00/2:10

4x50 stroke DPS @1:00/1:10

**Main Set II (900 yards)**

100 easy free after each line:

4x50 choice 200 pace @1:30

4x25 choice all out sprint @0:45/1:00

4x75 choice

Or

5x200 free with 0:20 rest after each 200

**Warm Down (200 yards)**

4x50 easy