

Monday, September 9:

Warmup (800 yards)

1x100 free @2:00
4x50 social kick @1:30
4x25 fast @1:00
— 1:00 rest —
4x25 fast @1:00
4x50 social kick @1:15
1x100 stroke @2:00

Main Set (1100 yards)

2 rounds:
1x100 IM moderate @2:00
2x75 stroke @1:30
4x50 freestyle DPS @1:15
4x25 descend to 90% effort @0:45
— 2:00 rest —

Warm Down (300 yards)

3x100 social swim/kick

Wednesday, September 11:

*UWDK: hold 5+ underwater dolphin kicks off each wall

Warmup (1000 yards)

8x25 free easy @0:35

6x50 kick @1:10

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

2x100 free, middle 50 fast @2:00

Main Set (1200 yards)

2 rounds:

4x50 IM order @1:00

8x25 stroke fast @0:45

— 0:30 rest —

2x100 IM hold UWDK @2:00

— 2:00 rest —

Warm Down (200 yards)

200 choice easy

Thursday, September 12:

*DPS: same # strokes per 25

*breath control: 1-2 breaths per 25

Warmup (800 yards)

4x50 free @1:00

4x50 kick @1:15

4x50 drill @1:00

4x50 IM order @1:00

Main Set (900 yards)

8x25 free, breath control @0:45

1x75 free DPS @1:15

—1:00 rest—

6x25 free FAST @0:50

2x75 stroke @1:30

—1:00 rest—

4x25 breath control @0:45

3x75 free DPS @1:20

Warm Down (400 yards)

8x50 odd drill, even swim @1:00