

Sunday, January 26:

Warmup (1000 yards)

300 easy free
200 choice kick
100 IM swim
4x50 choice drill @1:00
8x25 choice fast @0:45

Water Polo / Relays or...

Main Set (1000 yards)

2 rounds: (1st round free, 2nd round stroke)
1x100 fast turns @1:45/2:00
2x75 middle 25 FAST @1:15/1:30
3x50 DPS @0:50/1:00
4x25 all out sprint @0:50/1:15

Kick Set (800 yards)

2x100 kick easy @2:00/2:20
4x50 kick build @1:00/1:10
2x100 kick easy @2:00/2:10
8x25 kick all out @1:30

Warm Down (200 yards)

200 choice easy

Monday, January 27:

Warmup (1000 yards)

200 SKIPS (swim, kick, IM, pull, swim)

Main Set (1100 yards)

4x75 choice swim @85% max effort @1:15/1:30

4x50 easy choice

3x50 choice swim @90% max effort @1:30

200 choice easy

1x100 choice swim @95% max effort @2:00/2:30

3x50 easy choice

Choose 1 of the following (endurance or kick focused)

Kick Set (800 yards)

2x100 kick JMI @1:45/2:00

4x50 kick fast tempo @1:00/1:15

8x25 kick all out sprint @1:00

2x100 kick JMI @1:50/2:05

Endurance Set (1000 yards)

3x150 choice negative split @0:15 rest

4x100 choice DPS swim @0:10 rest

3x50 at 200 race pace @1:00/1:20

Warm Down (200 yards)

2x100 choice warm down

Wednesday, January 29:

Warmup (1000 yards)

1x400 easy free
1x200 easy stroke/IM
4x50 kick @1:00
8x25 desc. 1-4, 5-8 @0:45

Main Set (600 yards)

8x75 choice best average @1:30

Pre-Main Set (1200 yards)

2 rounds:
4x50 choice drill @1:00
8x25 odds no breather, evens sprint @1:00
2x100 choice DPS @1:45/2:00

Warm Down (400 yards)

4x50 social kick
200 choice easy

Thursday, January 30:

Warmup (800 yards)

800 RIMO (reverse IM order)

Each 200: kick, pull, drill, swim by 50

Drill / Breath Control Set (1200 yards)

2 rounds:

3x100 choice DPS (count strokes!) @2:00

4x50 free breath control @1:15

4x25 choice fast, long UWDK

Main Set (500 yards)

2x50 choice all out OTB

200 choice easy

8x25 all out OTB

Warm Down (400 yards)

4x50 social kick

200 choice easy