

Sunday, February 16:

**Warmup (1000 yards)**

1x300 free

1x200 stroke

1x200 social kick

4x50 IM order @1:00

4x25 V-Sprints @0:40

Water Polo or...

**Aerobic Set (1000 yards)**

4x100 negative split @1:45/2:00

3x200 free at 0:30 off of PB

**Drill Set (1000 yards)**

\*choose one stroke for entire set

8x50 drill @1:00/1:15

2x100 DPS @1:45/2:00

4x50 long UWDK, fast turn @1:00/1:15

8x25 fast @0:45/1:00

**Warm Down (200 yards)**

200 choice easy

Monday, February 17:

**Warmup (1000 yards)**

1x400 free easy  
1x300 stroke easy  
1x200 IM  
4x25 fast @0:45

**Kick Set (800 yards)**

2 rounds:  
4x75 kick JMI @1:30  
4x25 kick FAST @0:45  
— 1:00 rest —

**Main Set (850 yards)**

2x100 all out OTB @4:00  
4x50 easy  
2x75 all out OTB @4:00  
200 choice easy  
2x50 all out OTB @4:00

**Warm Down (300 yards)**

300 choice easy

Wednesday, February 19:

**Warmup (1000 yards)**

2x200 free easy

2x100 choice stroke

16x25 IM order (1-4 fly, 5-8 back, ...) @0:45

**Mid-Distance Set (1200 yards)**

2 rounds:

2x150 easy / moderate / fast by 50 @2:00/2:20

4x50 choice at 90% max effort @1:15/1:30

2x50 free easy

**Mini Sprint / Technique Set (700 yards)**

6x50 choice drill @1:00/1:15

4x50 breath control @1:15

4x25 UWDK all out @0:45/1:00

4x25 FAST swim @0:45/1:00

**Warm Down (300 yards)**

300 choice easy

Thursday, February 20:

**Warmup (1000 yards)**

1x400 free easy  
1x200 stroke easy  
4x50 social kick  
8x25 choice moderate @0:40

**Drill Set (900 yards)**

\*pick one stroke for entire set  
6x50 choice drill @1:00/1:15  
8x25 spin drill 1-4, build 5-8 @0:45  
4x100 DPS focus on technique @2:00

**Sprint Set (800 yards)**

2 rounds:  
4x50 breath control @1:00/1:15  
8x25 all out OTB

15 minutes practice relay exchanges and/or turns