

Sunday, March 9:

Warmup (900 yards)

1x300 free easy
1x200 stroke easy
4x50 social kick
4x50 pull @1:00

Drill / Sprint Set (800 yards)

4x50 choice drill (one-arm, spin, etc.) @1:00/1:15
4x50 breath control @1:00/1:15
8x25 odds long UWDK, evens sprint @1:00

Aerobic Set (1300 yards)

2 rounds:
2x125 free build @2:00/2:15
4x50 DPS (count your strokes!) @1:00
2x100 negative split @1:45/2:00

10:00 practice starts, turns, relay exchanges (if time)

Warm Down (200 yards)

200 choice easy

Monday, March 10:

Warmup (1000 yards)

2x200 choice easy
8x50 IM order @1:00
8x25 kick easy @0:45

Pre-Main Set (900 yards)

2x225 choice DPS easy @0:45 rest
2x150 choice middle 50 fast @1:00 rest
2x75 choice FAST @1:15 rest

TIME TO RACE!!! (~800 yards)

Choose 3 events to race all out, off the blocks! The point of this set is to get as close as you can to racing in a meet, so warm down and take a good amount of rest in between races.

EVENT 1

200 easy shakeout
5-10 min rest

EVENT 2

200 easy shakeout
5-10 min rest

EVENT 3

200 easy shakeout
5-10 min rest

Warm Down (300 yards)

6x50 choice warm down

Wednesday, March 12:

Warmup (1000 yards)

100 SPRINKLERS (swim, pull, right arm only, IM, negative split, kick, left arm only, every other 25 fast, reverse IM, swim)

Kick Set (400 yards)

2x100 kick easy, JMI @2:00

2x50 kick moderate @1:00

4x25 kick FAST @0:45

Main Set (yards)

2 rounds:

4x50 choice drill (one-arm, spin, etc.) @1:00/1:15

1x200 broken for 0:10 at each 50 try to beat your 200 PR

1x100 choice easy

2x100 choice DPS

Warm Down (200 yards)

200 choice easy

Thursday, March 13:

Warmup (800 yards)

1x300 free, 1x200 IM, 4x50 pull @1:00, 4x25 choice fast @0:45

Pre-Main Set (1400 yards)

2 rounds (can do the second after main set):

4x50 social kick

4x75 kick/drill/swim @1:20

4x50 GOLF (lowest possible: time + stroke count) @1:00

*hardest main set until nationals!

Main Set (1000 yards)

4x50 choice drill @1:00/1:15

4x50 free breath control @1:00/1:15

— 1:00 rest —

6x100 choice best average @2:00/2:30

Warm Down (300 yards)

6x50 choice warm down