

Sunday, March 16:

**Warmup (1000 yards)**

1x300 free easy  
2x150 stroke  
4x50 choice pull  
8x25 IM order @0:40

**Pre-Main Set (1000 yards)**

2x200 choice easy @0:30 rest  
8x25 kick build 1-4, 5-8 @0:45  
4x50 choice drill @1:00/1:15  
4x50 choice breath control @1:00/1:15

**Sprint Set (1000 yards)**

6x50 choice FAST @1:30  
2x100 free easy  
2x100 choice FAST @2:15  
4x50 free easy  
4x25 sprint @1:00

**Warm Down (200 yards)**

4x50 choice easy

Monday, March 17:

**Warmup (1000 yards)**

1x200 free  
4x100 choice drill/swim by 50  
8x50 pull 1-4, stroke/IM 5-8 @1:00

**Aerobic Maintenance Set (1000 yards)**

8x25 kick 1-4 easy, 5-8 build @0:45  
4x75 kick/drill/swim by 25 @1:30  
4x125 long UWDK off every turn @2:30

**Main Set (800 yards)**

4x50 choice drill @1:00  
2x100 choice at 90% max effort @3:00  
— 1:00 rest —  
4x25 choice no breather @1:00  
4x50 at 200 race pace @1:30  
— 1:00 rest —  
2x50 choice at 90% max effort

**Warm Down (200 yards)**

4x50 choice easy

Wednesday, March 19:

**Warmup (900 yards)**

1x300 free  
1x200 stroke easy  
4x50 pull @1:00  
4x50 IM order @1:00

**Pre-Main Set (1100 yards)**

8x25 kick JMI @0:45  
6x50 choice drill @1:00/1:15  
8x25 choice V-Sprints (EZ/fast, fast/EZ, all fast, all EZ) @0:45  
4x100 choice DPS @1:45/2:00

**Main Set (600 yards)**

4x50 choice at 200 pace @1:30  
4x25 choice FAST @1:00  
4x75 choice (whatever focus/pace you'd like) @1:30

15:00 practice turns + breakouts

**Warm Down (200 yards)**

200 choice easy

Thursday, March 20:

**Warmup (1000 yards)**

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

**Pre-Main Set (800 yards)**

2 rounds:

4x25 kick JMI @0:45

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

4x25 choice desc. 1-4, 5-8 @0:45

**Main Set (600 yards)**

2x50 choice OTB at 200 pace

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

4x25 all out OTB

4x50 choice easy

15:00 practicing starts, turns, relay exchanges

**Warm Down (200 yards)**

200 choice easy