

Sunday, September 15:

Warmup (1000 yards)

100 SKIPS (swim, kick, IM, pull, stroke)

4x50 drill @1:00

12x25 IM order @0:45

Main Set (1200 yards)

4x75 free moderate @1:30

4x25 choice easy @0:45

4x50 stroke, fast turns @1:15

—2:00 rest—

4x75 stroke or IM @1:40

4x25 choice easy @0:45

4x50 free, fast turns @1:00

Warm Down (200 yards)

200 choice easy

Monday, September 16:

*breath control: 1-2 breaths per 25

Warmup (900 yards)

4x75 free easy @1:20

6x50 kick choice @1:00

12x25 stroke @0:40

Main Set (900 yards)

2 rounds:

4x50 IM order @1:00

4x25 drill @0:40

2x25 choice ALL OUT @1:00

2x50 choice 200 pace @1:30

—2:00 rest—

Breath Control Set (400 yards)

8x50 free breath control @1:30

Warm Down (500 yards)

10x50 odds free evens choice @1:00

Wednesday, September 18:

*best average: as fast as possible without slowing down throughout the set

*JMI: Just Make It (the interval)

Warmup (1000 yards)

2x100 free @1:30

4x50 kick @1:15

2x100 free @1:30

4x50 IM order @1:00

8x25 choice fast @0:40

Main Set (900 yards)

8x25 V-Sprints @0:40

2x75 stroke @1:30

4x50 free easy @1:00

2x75 free @1:15

2x100 JMI @1:20

Best Average Set (500 yards)

*this set will be as easy or as hard as you make it

10x50 choice swim, best average @1:20

Warm Down (200 yards)

200 choice

Thursday, September 19:

Warmup (800 yards)

4x50 free @1:00

8x25 kick @0:40

4x50 stroke @1:10

8x25 kick @1:00

Main Set (1000 yards)

2 rounds:

4x25 long underwaters @1:00

4x50 IM order @1:00

8x25 descend 1-4 and 5-8 (#4 and #8 sprint) @0:45

—2:00 rest—

4x25 off the block sprint

Warm Down (400 yards)

200 social kick

200 easy swim