

Suggested Swims for the Week of May 19th



Monday

All swims with 15/20 seconds rest in between

Warm up 1000

5 x 100

2 x 150 IM/stroke

3 x 50 desc 1-3

2 x 25 strong

Kick/stroke set 700

4x

5 x 25 [#1 perfect stroke, #2/3 build, #4/5 sprint 20]

1 x 50 strong

[RD1 kick, RD2 storke, RD3 kick, RD4 stroke]

Freestyle/pull set 600

1 x 400 long & strong

4 x 50 - 25 fast / 25 perfect stroke

Sprint set 450

1 x 50 fast

2 x 50 easy

3 x 50 fast

2 x 50 easy

1 x 50 best effort

[All swims choice]

Warm down

4 x 50 1:00

Total:

2750

Suggested Swims for the Week of May 19th



Tuesday

All swims with 15/20 seconds rest in between

Warm up 1200

8 x 75

8 x 50 stroke

8 x 25 strong

Kick set 300

2x

1 x 25 easy

1 x 50 build

1 x 75 strong

1:00 vertical kick

Stroke set 600

6x

2 x 25 perfect stroke

2 x 25 strong

[RD1 brst, RD2 back, RD3 fly, RD4 fly, RD5 back, RD6 brst]

Sprint set 600

4x

1 x 50 25easy/25fast

1 x 50 25fast/25easy

1 x 50 fast

[RD1/2 best stroke no free, RD3 free, RD4 choice]

Warm down

4 x 50 1:00

Total:

2900

Suggested Swims for the Week of May 19th



Wednesday

All swims with 15/20 seconds rest in between

Warm up 900

4 x 100 1:45

4 x 75 1:30 IM/stroke

4 x 50 1:00 desc 1-4

Main set 1600

2x

1 x 200 4:20 kick

2 x 100 1:50 IM

4 x 50 1:05 IM order

8 x 25 :40 choice desc 1-4/5-8

Freestyle/pull set 600

1 x 25 :30 easy

1 x 50 :50 mod

1 x 75 1:10 build

1 x 100 1:30 last 25 strong

1 x 150 2:10 last 50 strong

1 x 200 2:40 neg split

Warm down

4 x 50 1:00

Total:

3200

Suggested Swims for the Week of May 19th



Thursday

All swims with 15/20 seconds rest in between

Warm up 1200

1 x 300

6 x 50 stroke 2 of each

3 x 100

6 x 50 desc 1-3/4-6

Kick set 500

1 x 200

6 x 50 desc 1-3/4-6

Stroke set 800

4x

4 x 25 reverse IM order

1 x 100 IM

Freestyle/pull set 1200

3 x 100 desc 1-3

1 x 200 neg split

1 x 100 mod

1 x 100 mod

1 x 200 neg split

3 x 100 desc 1-3

Warm down

4 x 50 1:00

Total:

3700

Suggested Swims for the Week of May 19th



Friday

All swims with 15/20 seconds rest in between

Warm up 1200

2 x 100

4 x 50 25fast drill/25 swim

2 x 100

4 x 50 stroke choice

2 x 100

4 x 50 desc

Kick set 400

4 x 50

4 x 50

Main set 600

2x

1 x 100 75easy/25fast

1 x 100 50easy/50fast

1 x 100 25easy/75fast

[RD1 / 2 choice]

Freestyle/pull set 1200

3 x 100 long & strong

1 x 100 fast

3 x 100 neg split

1 x 100 fast

3 x 100 desc1-3

1 x 100 fast

Warm down

4 x 50 1:00

Total:

3400

Suggested Swims for the Week of May 19th



Saturday

Optional open water focus

All swims with 15/20 seconds rest in between

Warm up 1200

4 x 50 pace - keep same pace for all 4

1 x 500 - practice sighting

4 x 50 pace

1 x 300 - practice sighting

4 x 50 pace

1 x 200

Warm down

4 x 50

Total:

1600