

2300	2300	2300 (all backstroke)	2400	2400
400 free 100 kick Warm-Up Drill	300 free 100 kick Warm-Up Drill	200 free	300 free 100 kick Warm-Up Drill	300 free 100 kick Warm-Up Drill
500 build-up IM (50 fly, 100 bk, 150 br, 200 fr)	<i>6 times through:</i> 25 fly + 75 stroke (alternate bk, br, fr) (30 sec rest)	3 x 300 back (easy, 70%, hard) 100 kick 3 x 200 back (easy, 70%, hard)	5 x 100 broken IM (25s) (15 sec betw strokes) (45 sec betw IM's)	3 x fl/bk, bk/br, br/fr (progressively faster each set) (20 sec rest)
100 kick	100 kick	100 kick	100 kick	100 kick
<i>Freestyle set:</i> 1 x 200, 2 x 100, 2 x 50 (60%) (70%) (80%) (could do as a pull set)	1 x 200 free (60%) 2 x 100 free (70%) (could do as a pull set)	3 x 100 back (easy, 70%, hard)	4 x 100: (alt 25 bk / 75 br, 75 bk / 25 br)	3 x fl/bk, bk/br, br/fr (progressively faster each set) (20 sec rest)
4 x 25 fly, 4 x 25 back, 4 x 25 breast, 4 x 25 free	3 x 50 free (80%) 10 x 25 free (hard)		12 x 50 free sprint (10-30 sec rest) (60%, 80%, hard)	3 x 100 free, 50 free, 50 free (70%) (80%) (hard)
100 warm down	100 warm down	100 warm down	100 warm down	100 warm down

2400 (intense)	2500 (intense)	2500 (intense)	2650 (all freestyle)	2700
400 free 100 kick Warm-Up Drill	400 free 100 kick Warm-Up Drill	300 free 100 kick Warm-Up Drill	300 free 100 kick Warm-Up Drill	300 free 100 kick Warm-Up Drill
<i>4 times through:</i> 100 IM (on 2:30) 50 fl, 50 bk, 50 fr (on 1:30)	<i>3 times through:</i> 50 fly (on 1:30) 100 bk, 100 fr (on 2:30)	<i>3 times through:</i> 5 x 50 (on 1:30) (fl/bk, bk/br, br/fr, fr/fr, kick)	3 x 200 free (80%, hard, easy)	4 x 100 (fr, fr, fr, fly) (fr, fr, fly , fr) (fr, fly , fr, fr) (fly , fr, fr, fr)
<i>2 times through (w/ fins):</i> 50 fl (side), 50 bk, 50 fr	200 kick w/ fins	200 kick w/ fins	100 kick	
50 easy swim 2 x 25 fl, 2 x 25 bk, 2 x 25 fr	<i>3 times through with fins:</i> 50 fly (on 1:15) 100 bk, 100 fr (on 2:15)	15 x 50s (sets of 5) (odd: fr / fr, even: fr / bk) (intervals 1:15, 1:00, 2:00 by set) (last set hard, can use fins)	3 x 150 free 3 x 100 free (80%, hard, easy)	12 x 25 kick (hard) free, breast, fly
			100 kick 6 x 50 free (easy, 80%, hard)	4 x [100, 2 x 50, 2 x 25 hard] free, back, breast, free 50 kick after each set
100 warm down	100 warm down	100 warm down	100 warm down	100 warm down

	300	300	300
Warm-Up Drills:	2 x 50 fr, 50 stroke, 50 kick (continuous, med set / fast set)	6 x 50 (alt fr / fr, fr / bk) (build each group of two)	3 x 100 (fr, bk, br) (neg split each)

2800	2800	2800	2800 (intense)	2800
300 free 100 kick Warm-Up Drill		400 free 100 kick Warm-Up Drill	400 free 100 kick Warm-Up Drill	400 free 100 kick
3 times through (bk, br, fr): 200 (60%), 100 (80%) 50 (easy), 50 (hard)	1000 free (vary by 200) (40%, 60%, 40%, 80%, 40%)	4 times through: 100 I.M. (60%) 75 bk, br, fr (80%) 50 bk, br (80%) 25 fl, 25 fr, 25 fr (hard)	200 bk, 200 br, 200 fr (negative split each)	6 times through continuous: 50 free, 50 stroke, 50 kick (2 @ 85%, 2 @ 60%, 2 @ 85%)
200 kick w/ fins	100 kick	100 kick	100 kick	300 kick w/ fins
4 times through: 100 (65%), 50 (hard) set order: fr, bk, br, fr	2 x 200 I.M. (easy, hard) 2 x 200 free (easy, hard)	200 free (easy) 100 free (hard)	2 x 100 bk, 100 br, 100 fr 100 kick	50 fly, 50 back, 50 breast (hard, 30 sec rest) 100 kick (easy)
	100 kick 2 x 100 I.M. (easy, hard) 2 x 100 free (easy, hard)	100 kick 2 times through stroke set above (but only one 25 free)	6 x 50 back (start on 1:05, then :05 less each) 6 x 50 free (start on 1:00, then :05 less each)	4 x 25 fl, 4 x 25 bk, 4 x 25 br (15-20 sec rest) 9 x 50 free (easy, 80%, hard)
100 warm down	100 warm down	100 warm down	100 warm down	100 warm down

2800 (intense)	3000	3000	3400	3500
300 free 100 kick Warm-Up Drill	400 free 100 kick	400 free 100 kick Warm-Up Drill	400 free 100 kick broken 100 IM by 25 @ 85%	400 free 100 kick
12 x 75 on 1:30 (fr, bk, fr) 100 kick	5 x 150 (by 50: 1-arm fly, back kick, breast w/ fly kick) (can do continuous)	2 x 100 IM easy (50 kick after each) 2 x 200 IM (50 kick in between)	2 times through: 100 IM (hard), 100 bk (easy) 100 IM (hard), 100 br (easy) 100 IM (hard), 100 fr (easy)	8 times through continuous: 50 free, 50 stroke, 50 kick (2 @ 60%, 2 @ 85%)
	2 x 100 free (neg. split)	200 fr pull (breathe 3,5,7,5) 3 x 100 pull - fr, bk, fr (build)	200 hypoxic set 300 kick w/ fins	4 x [200 easy, 50 hard] (fr, bk, br, fr) (hypoxic 200's)
12 x 50 on 1:00 (fr / bk, fr / fr) 100 kick	3 times through: 100 any-stroke (80%), 50 any-stroke (60%), 50 any-stroke (hard)	100 back, 100 breast, 100 back, 100 breast (continuous) (neg. split ea 100)	200 fr, 100 back, 100 breast 150 fr, 75 back, 75 breast 100 fr, 50 back, 50 breast 50 fr, 2 x 25 fly	5 x 50 kick (hard, on 2:00)
12 x 25 on 0:45 (fl, bk, br, fr) (2 breaths on free)	Freestyle Pyramid (optional as pull set) 50, 100, 150, 200, 150, 100, 50 (hard -----> medium -----> hard)	4 x 100 free (alternate 70%, hard) (20-30 sec rest)		100 bk (easy), 50 bk (hard) 100 br (easy), 50 br (hard) 100 fr (easy), 50 fr (hard)
100 warm down	50 warm down	100 warm down	100 warm down	100 warm down

End of Workout Killer Sets:	300	350	400
(start all w/ 50 free easy)	10 x 25 (sprint) (alt fly / free -or- fly w/ fins)	4 times through: 25 stroke (sprint), 50 free (90%)	200 IM 1 x fl / bk, bk / br, br / fr

Alternate Main Sets & Workouts

1200 (intense)

2 times through:
100 IM (60%), 50 fly (hard)
100 IM (60%), 50 back (hard)
100 IM (60%), 50 breast (hard)
100 IM (60%), 50 free (hard)

1400

4 x 50 (order: fl/bk, bk/br, br/fr, kick)
400 IM with fins (60%)
4 x 50 with fins (order: fl/bk, bk/br, br/fr, fr/fr)
200 kick w/ fins
400 build by 100 (order: bk, fr, br, fr)

1800

5 x 100 on 2:30 (order IM, Bk, IM, Fr, IM)
6 x 100 kick w/ fins (order: fl, bk, fr)
5 x 50 on 1:30 (order fl/bk, bk/br, br/fr, fr/fr, fl/fr)
4 x 50 kick (fl, bk, br, fr)
Repeat 5 x 50 set on 1:15

1800

5 x 100 back on 2:30, each progressively faster
5 x 100 free on " " " "
300 Kick Set w/ Fins
5 x 50 back on 1:15, each progressively faster
5 x 50 free on 1:10 " " " "

2000

500 free (avg 1:40 per 100M)
2 x 50 free (85%, 95%)
400 free (avg 1:30 per 100M)
2 x 50 free (85%, 95%)
300 pull (avg 1:30 or faster)
2 x 50 free (85%, 95%)
200 kick w/ fins (80%)
2 x 50 kick (90%)
100 free (85-90%)
2 x 50 free (85%, 95%)

2150

3 x 100 free on 2:00 (60%, 80%, hard), 1 min rest
3 x 100 back on 2:15 (60%, 80%, hard)
200 Hypoxic Set
150 Kick Set w/ Fins
2 times through:
3 x 50 free on 1:00 (60%, 80%, hard)
3 x 50 back on 1:10 (60%, 80%, hard)
100 free (easy), 50 free (hard)
100 back (easy), 50 back (hard)

1400

100 IM easy
200 back (neg split), 200 free (neg split)
3 times through:
100 IM (80%) on 2:30
100 back (neg split), 100 free (neg split) on 2:30

1500

5 times through, progressively harder:
100 IM on 2:30
fl/bk, bk/br, br/fr on 1:15
50 kick easy
- 3:00 and 1:30 intervals on last two sets

1800

5 times through (order fr, bk, fr, bk, fr):
100 on 2:15 (60%), 50 on 1:15 (80%)
300 kick w/ fins (fl, bk, fr, fl, bk, fr by 50)
5 times through (order fr, bk, fr, bk, fr)
100 on 2:30 (75%), 50 on 1:30 (hard)

1900 (intense)

4 x 100 on 3:00 (IM order)
3 x 50 on 1:20 (fl/bk, bk/br, br/fr)
5 x 50 on 1:20 (alt fr/fr, fr/bk)
300 kick w/ fins (alt by 50: fl, fr, bk)
4 x 100 on 2:40 (IM order)
3 x 50 on 1:00 (fl/bk, bk/br, br/fr)
5 x 50 on 1:00 (alt fr/fr, fr/bk)

2050

200 bk, 200 br, 200 fr continuous warm-up
3 x 150 build (bk, br, fr)
400 kick w/ fins (or 8 x 50)
3 x 100 build (bk, br, fr)
3 x 50 build (bk, br, fr)
6 x 25 build (2 bk, 2 br, 2 fr)

2100

5 x 100 (fr, bk, fr, br, fr) on 2:15 – 60%
300 kick w/ fins
5 x 100 ("" "") on 2:40 – 80%
300 kick w/ fins
5 x 100 ("" "") on 3:00 – hard

2200

5 x 50 build (fr/fr, fr/bk, fr/fr, fr/br, fr/fr)
5 x 50 hard (same order)
5 x 200 pull (build 50-90% by 50)
Repeat the 5x50 sets
4 times through (25 hypoxic, 25 fly hard)

2400 (all free)

4 x 100 kick (alt all various fly, free/breast)
 400 free (60%), 4 x 100 free pull (80%)
 300 free (60%), 3 x 100 free (85%)
 200 free (60%), 2 x 100 free (90%)
 100 free (60%), 100 free (hard)

3000

4 times through: 100 fr, 100 stroke, 50 kick
 800 swim (alternate 100 fr, fr/bk, fr/br)
 600 pull (build by 200)
 400 kick w/ fins
 200 swim (80-90%)

3000

500 free (easy) followed by 5 x 100 pull
 400 free (easy) followed by 4 x 100 kick
 300 free (easy) followed by 3 x 100 IM
 200 free (easy) followed by 2 x 100 free (build)
 100 free (easy) followed by 100 free (hard)

3650

4 times through: 100 fr, 100 stroke, 50 kick
 200 bk (build), 100 bk (80%), 50 bk (hard)
 800 free pull (easy / hard by 200)
 200 br (build), 100 br (80%), 50 br (hard)
 800 free (easy / hard by 200)
 200 fr (build), 100 fr (80%), 50 fr (hard)

2650

200 warm-up
 500 free (build by 100)
 5 x 50 (on 1:10, alternate fr/fr, fr/stroke)
 500 free (build by 100)
 5 x 50 (on 1:00, alternate fr/fr, fr/stroke)
 500 free (build by 100)
 5 x 50 (on 0:50, alternate fr/fr, fr/stroke)
 4 x 50 kick w/ fins

2800

4 times through in IM order:
 300 pull (1-arm for fly) - build or 3 x 100 progr faster
 300 kick w/ fins (or 3 x 100 progr faster)
 4 x 25 sprint

3100

4 times through: 100 fr, 100 stroke, 50 kick
 200 back (build), then 4x50 (fl/bk, bk/br, br/fr, fr/fr) (80%)
 200 breast (build), then 4x50 (fl/bk, bk/br, br/fr, fr/fr) (80%)
 200 free (build), then 4x50 (fl/bk, bk/br, br/fr, fr/fr) (80%)
 100 back (build), then 4x50 (fl/bk, bk/br, br/fr, fr/fr) (90%)
 100 breast (build), then 4x50 (fl/bk, bk/br, br/fr, fr/fr) (90%)
 100 free (build), then 4x50 (fl/bk, bk/br, br/fr, fr/fr) (90%)

Substitutes & Special-Purpose Sets**1000 Long Warm-Up Set**

4 times through continuous:
 100 free, 100 stroke, 50 kick

300 Kick Set to Substitute in Various Workouts

150 kick w/ fins @ 70% (fly, free, back by 50)
 3 x 50 kick @ 95% (fly, free, back)

Breaststroke Pull Set

8 x 50 breast pull w/ fins on 1:30
 - don't use fins too much
 - faster on each set of 2

Broken 100s

50 on 1:00 (90%)
 2 x 25 (hard) (15-20 sec rest in between)
 1 min rest between 100s

Hypoxic 350 Set

200 free pull (breathe every 3,5,7,9 by 50)
 100 free pull @ 75% (breathe every 5)
 50 free pull @ 90% (breathe every 7)
 - the flip turn counts as 3 strokes

Hypoxic Underwater Set

14 dolphin kicks, then easy swim rest of 25
 - add 2 kicks each time for a total of 4 swims
 4 breast stroke pullouts, then easy swim rest of 25
 - add 1 pullouts each time for a total of 4 swims

Distance Training Workouts

1900

Continuous:

800 free (400 med, 400 fast) then 50 kick
400 free (200 med, 200 fast) then 50 kick
200 free (100 med, 100 fast) then 50 kick
200 free (easy, alternate fr/bk by 50)
100 free (90%), 50 free (hard)

1950

Continuous set:

4 x 50 fr, 50 stroke, 50 kick (2 @ 60%, 2 @ 80%)
300 free @ 90%
4 x 50 fr, 50 stroke, 50 kick (2 @ 60%, 2 @ 80%)
300 free (build by 100)
3 x 50 (order: bk, br, fr) (neg split to 95%)

2000

300 warm-up

2 times through:

500 free (build by 100)
200 free (build by 50)
50 free (sprint)
50 warm-down + 50 kick

2000

500 warm-up

100 free at 90% then 2 min rest

1000 for time

50 warm-down + 50 kick

200 free build-up

100 warm down

2100

1000 free build by 200

500 free build by 100

300 free build by 100

200 free build by 50

100 free build by 50

2200

3 x 500 free: 50%, 75%, 90%

- 50 warm-down + 50 kick after each

4 x 100 free (neg split but fast)

2500

5 x 500 (50%, 75%, 90%, 75%, 90%)

- on 10 min interval (if meters)

3000

400 warm-up

1000 free @ 85% pace (~1:35 per 100M)

100 kick

2 x 400 free (build by 100) - can do as continuous 800

100 kick

3 x 200 free (60%, 75%, 90%)

2500-3000 free (alt 60% / 80% by 500)