

Workout 27

2800 yards

Warm up:

- 400 free even pace

Technique: (repeat 3 times)

- 1 x 50 Zipper rest .010/50
- 1 x 50 Free push and glide rest .010/50
- 1 x 50 flutter kick with board
- 1 x 50 flutter kick with no board

Core

- 2 x 200 free even pace on 3:00/200 (60-70 % of max. heart rate) or rest 0:30/200
- 4 x 100 IM on 2:00 /100 or rest 0:20/100
- 2 x 200 free even pace on 3:00/200 (60-70 % of max. heart rate) or rest 0:30/200
- 4 x 50 IM on 1:00 /50 (70-80% of max. heart rate) or rest 0:15/50
- 4 x 50 free even pace on 0:45 /50 (70-80% of max. heart rate) or 0:10/50

Rest 2:00 min

1x 50 all out together from the blocks

Warm down

- 200 easy any stroke

Workout 27-2

2800 yards

Warm up:

- 400 free even pace

Technique: (repeat 3 times)

- 1 x 50 Zipper rest .010/50
- 1 x 50 Free push and glide rest .010/50
- 1 x 50 flutter kick with board
- 1 x 50 flutter kick with no board

Core

- 2 x 200 free even pace on 4:00/200 (60-70 % of max. heart rate)
- 4 x 100 IM on 2:30 /100
- 2 x 200 free even pace on 4:00/200 (60-70 % of max. heart rate)
- 4 x 50 IM on 1:30 /50 (70-80% of max. heart rate)
- 4 x 50 free even pace on 1:00 /50 (70-80% of max. heart rate)

Warm down

- 200 easy any stroke

Workout 28

2800 yards

Warm up:

- 400 free even pace

Technique: (repeat 3 times)

- 1 x 50 Zipper rest .010/50
- 1 x 50 Free push and glide rest .010/50
- 1 x 50 flutter kick with board... rest 0:15/50
- 1 x 50 flutter kick with no board

Core

- 2 x 200 free even pace on 2:45/200 (60-70 % of max. heart rate) or rest 0:30/200
- 4 x 100 free even pace on 1:30 /100 (70-80% of max. heart rate) or rest 0:15/100
- 2 x 200 free even pace on 2:45/200 (60-70 % of max. heart rate) or rest 0:30/200
- 8 x 50 free even pace on 0:45 /50 (70-80% of max. heart rate) or rest 0:15/50

Warm down

- 200 easy any stroke

Workout 29

2700 yards

Warm up:

- 400 free even pace

Technique: (repeat 3 times)

- 1 x 50 flutter kick with board.... rest 0:15/50
- 1 x 50 Fly kick with one kick and one pull breast stroke... rest 0:15/50

Core

- 6 x 50 free even pace on 0:45/50
- 4 x 100 free even pace on 1:30 /100
- 2 x 200 free even pace on 3:00/200
- 4 x 100 free even pace on 1:30/100
- 6 x 50 free even pace on 0:45/50

Warm down

- 200 easy any stroke

Workout 30

2400 yards

Warm up:

- 200 free even pace

Technique:

- 300 kick with fins and board.... rest 0:15
- 300 pull with paddles and bouy... rest 0:20

Core

- 4 x 200 free broken... rest 0:10/50 hard / moderate swim

Rest 2:00 between sets

- 4 x 100 IM on 2:15/100
- 8 x 25 alternate stroke other than free... on 0:30

Warm down

- 200 easy any stroke

Workout 31

2600

Warm up:

400 warm up any stroke

Core

- 400 Free rest 0:40
- 4 x 100 favorite stroke.....rest 0:30/100
- 300 kick free.... rest 0:40
- 4 x 75 second favorite stroke....rest 0:30/75
- 200 pull free....rest 0:30/200
- 4 x 50 3rd favorite stroke....rest 0:20/50
- 100 swim free....rest 0:20/100
- 4 x 25 least favorite stroke... rest 0:15/25

Warm down

- 200 easy any stroke

Workout 32

2400

Warm up

400 easy any stroke

Technique

200 flutter kick with board and fins....rest 0:30

4 x 50 side kick with fins...rest0:15/50

4 x 50 streamline stroke, breathe every four strokes.....rest 0:30/50

8 x 25 mixed drills rest 0:20/25

Core

10 x 50 free....rest 0:20/50

Rest 1:00

4 x 75 broken...0:10/25...rest 0:30/75

8 x 25 IM order or any two strokes... rest 0:15/25

6 turns

Warm down

200 easy any stroke

Workout 33

2300

Warm up

200 free even pace

Technique

200 flutter kick with board....rest 0:30

1 x 100 kick IM order switch every 25 no board....rest 0:30

2 x 50 zipper rest 0:20/50

Core

500 free....rest 1:00 min

4 x 100 IM Rest 1:00/100

300 free...rest 0:40

2 x 50 back stroke...rest 0:30/50

2 x 50 breast stroke...rest 0:30/50

100 free or IM fast

Warm down

200 easy any stroke

Workout 33-1

3100

Warm up

500 free even pace

Technique

300 flutter kick with board....rest 0:30

6 x 50 choice of drill... rest 0:15/50

Core

500 free....rest 1:00 min

3x 200 free Rest 1:00/100

300 free...rest 0:40

3 x 100 free...rest 0:30/50

Rest 2 mins

100 free fast. Get time.

Warm down

200 easy any stroke

Workout 34

3000

Warm up

300 free even pace

Technique

3 x 100 flutter kick on the back..rest 0:30

2 x 100 kick IM order switch every 25 no board....rest 0:30

2 x 50 zipper rest.... 0:20/50

2 x 50 stream line swim, min 5 fly kicks under water then continue swim.... Rest 0:20/50

Core

10 x 100 odd number free, even numbers IM... rest 0:30/100

1 x 200 free.... Rest 1 min

6 x 50 free hard.... Rest 0:15/50

1 x 100 free..... rest 1 min

8 x 25 fast any stroke other than free.... Rest 0:30/25

Warm down

200 easy any stroke

Workout 35

2300

Warm up

200 swim any stroke even pace

Technique

4 x 50 flutter kick on the back.....Rest 0:15

2 x 50 kick IM order switch every 25 no board.....Rest 0:15

2 x 100 zipper... Rest 0:20/100

2 x 50 push and glide.... Rest 0:20/50

Core

3 x 200 alternate 25 hard and 25 easy... Rest 0:30/200

4 x 100 Alternate, odd numbers free and even numbers IM Rest 0:30/100

6 x 50 odd free, even any other stroke.... Rest 0:30/50

Rest 1 min

6 turns

Warm down

200 easy any stroke

Workout 36

3000

Warm up

200 swim Free even pace

200 mix stroke even pace

Technique

2 x 100 zipper... Rest 0:20/100

2 x 100 pull free with paddles... Rest 0:20/100

4 x 50 Kick with board IM order, no board with Back stroke.... Rest 0:20/50

1 x 100 flutter kick on the back

Core

8 x 100 free, Rest 0:30/100

Rest 1 min

4 x 100 reverse order IM.... Rest 0:45/100

Rest 1 min

10 x 50 free descending order...1-3 rest 0:30/50

4-6 rest 0:20/50

7-10 rest 0:15/50

Warm down

200 easy any stroke

Workout 37

3100

Warm up

250 swim Free even pace

250 mix stroke even pace

Technique

400 kick with fins and board continuous...rest 1 min

Core

10 x 50 free, Rest 0:10/50

6 x 100 pull with paddles and pull bouy.... Rest 0:20/100

10 x 50 free descending order...1-3 rest 0:30/50
4-6 rest 0:20/50
7-10 rest 0:15/50

2 x 200 swim Rest 0:30/200

Warm down

200 easy any stroke

Workout 38

3600

Warm up

250 swim Free even pace

250 mix stroke even pace

Technique

4 x 50 Kick with flutter on the back, Rest 0:20/50

2 x 100 pull... rest 0:20/100

Core

5 x 500 free Rest 0:45/500

Warm down

200 easy any stroke

Workout 45

3000

Warm up

400 choice of stroke

Technique

4 x 50 kick choice of stroke....rest 0:20/50

4 x 100 pull free with paddles. Try to breathe every 4 strokes....rest 0:30/100

Core

10 x 50 IM... alternate every 25....rest 0:30/50

10 x 100 free...rest 0:20/100

1 min rest

2 x 150 IM for the first 100...Then 25 your strongest and 25 your weakest stroke....rest 0:40/150

Warm down

200 easy free

Workout 46

3300 yards

Warm up:

- 500 mixed stroke even pace

Technique:

- 300 kick with fins and board.... rest 0:15
- 300 pull with paddles ... rest 0:20

Core

- 5 x 200 free broken... rest 0:10/50 hard / moderate swim

Rest 2:00 between sets

- 6 x 100 IM on 2:15/100
- 6 x 50 weakest stroke...rest 0:20/50

Rest 1 min

- 8 x 25 alternate stroke other than free fast... on 0:30

Warm down

- 200 easy any stroke

Workout 47

3700

Warm up

500 choice of stroke

Technique

100 kick choice of stroke...rest 0:20

75 kick...rest 0:15

50 kick...rest 0:10

25 kick...rest 0:05

100 pull with paddles rest 0:20

75 pull...rest 0:15

50 pull...rest 0:10

25 pull...rest 0:05

Core

3 x 300... 100 back/100 breast/100 free...rest 0:40/100

4 x 200 IM....rest 0:45/200

5 x 100 IM....rest 0:30/100

4 x 50 free very fast...rest 1 min/50

Warm down

300 easy free

Workout 47-1

3000

Warm up

500 choice of stroke

Technique

100 kick choice of stroke...rest 0:20

75 kick...rest 0:15

50 kick...rest 0:10

25 kick...rest 0:05

100 pull with paddles rest 0:20

75 pull...rest 0:15

50 pull...rest 0:10

25 pull...rest 0:05

Core

2 x 300 free...rest 0:40/300

3 x 200 free...rest 0:35/200

4 x 100 IM...rest 0:30/100 or alternate strokes

4 x 50 free very fast...rest 1 min/50

Warm down

200 easy free

Workout 48

3600

Warm up

500 choice of stroke

Technique

8 x 75 kick with board....rest 0:40/75

2 x 200 pull with paddles....rest 0:30/200

Core

5 x 200 free rest 0:30/200

4 x 100 free rest 0:20/100

8 x 50 free...rest 0:40/50 for 1st one only and subtract 0:05/50 for each subsequent interval till you can't make the interval....then do 2 more with last interval made.

Warm down

300 easy free

Workout 49

3600

Warm up

500 choice of stroke

Technique

2 x 400 pull no paddles. 1st is IM and 2nd free....rest 0:45/400

Core

4 x 200 back rest 0:30/200

3 x 200 breast rest 0:30/200

2 x 200 free...rest 0:25/200

200 IM

Warm down

300 easy free

Workout 50

3200

Warm up

500 choice of stroke

Technique

4 x 100 flutter kick with board....rest 0:45/400

2 x 100 flutter kick on back no board....rest 0:40/100

Core

275....rest 0:30

250.....

225.....

200.....

175.....

150....rest 0:20

125.....

100.....

75.....

50.....

25.....

Rest 2 min.

1 x 75 kick with board very fast get time

Rest 2 min

1 x 100 swim very fast get time

Warm down

300 easy free

Workout 51

3800

Warm up

250 swim Free even pace

250 mix stroke even pace

Technique

4 x 50 Kick flutter on the back, Rest 0:20/50

1 x 100 push and glide.... Rest 0:20/100

2 x 100 catch up... rest 0:20/100

4 x 100 pull free... rest 0:20/100

1 min rest

Core

2 x 500 free Rest 0:45/500

3 x 200 free.... On 3:00/200

4 x 100 free... on 1:30/100

4 x 50 free....on 1:00/50

Warm down

200 easy any stroke

Workout 52

3600

Warm up

250 swim Free even pace

250 mix stroke even pace

Technique

4 x 50 Kick with flutter on the back, Rest 0:20/50

2 x 100 pull... rest 0:20/100

Core

5 x 500 free Rest 0:45/500

Warm down

200 easy any stroke

Workout 53

3600

Warm up:

- 500 free even pace

Technique:

- 4 x 50 flutter kick on Back.... rest 0:15/50
- 4 x 50 Fly kick with one kick and one pull breast stroke... rest 0:15/50
- 500 kick with board

1 min rest

Core

- 8 x 50 free even pace on 0:45/50
- 4 x 100 free even pace on 1:30 /100
- 2 x 200 free even pace on 3:00/200
- 4 x 100 free even pace on 1:30/100
- 8 x 50 free even pace on 0:45/50

Warm down

- 200 easy any stroke

Workout 54

3600

Warm up:

- 500 free even pace

Technique:

- 4 x 50 flutter kick on Back.... rest 0:15/50
- 4 x 50 Fly kick with one kick and one pull breast stroke... rest 0:15/50
- 500 kick with board
- 1 min rest

Core

- 8 x 50 free even pace on 1:00/50
- 4 x 100 IM even pace on 2:30 /100
- 2 x 200 free even pace on 4:00/200
- 4 x 100 IM even pace on 2:30/100
- Rest 1 min
- 8 x 50 free even pace on 0:50/50

Warm down

- 200 easy any stroke

Workout 55

3300

Warm up

500 swim any stroke even pace

Technique

4 x 50 flutter kick on the back.....Rest 0:15

2 x 50 kick IM order switch every 25 no board.....Rest 0:15

2 x 100 zipper... Rest 0:20/100

2 x 50 push and glide.... Rest 0:20/50

Core

5 x 200 alternate 25 hard and 25 easy... Rest 0:30/200

6 x 100 Alternate, odd numbers free and even numbers IM Rest 0:30/100

8 x 50 odd free, even any other stroke.... Rest 0:30/50

Rest 1 min

Warm down

200 easy any stroke

Workout # 56

3600 yards

Warm up

500 warm up.... 300 free and 200 IM

Technique

500 continuous kick with fins...rest 1 min

2 x 100 catch up... rest 0:15/100

3 x 100 stream line... rest 0:15/100

Core

10 x 100 even pace... rest 0:15/100

Rest 1 min

8 x 50 free on 1 min.. reduce speed by 1 sec/50

Rest 1 min

6 x 50 very fast on 3 min specialty stroke

8 x 25 very fast, breathe once only/25, swim on 1:30

Warm down

200 easy any stroke.

Workout 57

3300

Warm up

250 swim Free even pace

250 mix stroke even pace

Technique

500 kick with fins and board continuous...rest 1 min

Core

10 x 50 free, Rest 0:10/50

6 x 100 pull with paddles and pull bouy.... Rest 0:20/100

10 x 50 free descending order...1-3 rest 0:30/50

4-6 rest 0:20/50

7-10 rest 0:15/50

2 x 200 swim Rest 0:30/200

Warm down

300 easy any stroke

Workout 58

3200

Warm up

250 swim Free even pace

250 mix stroke even pace

Technique

2 x 100 zipper... Rest 0:20/100

2 x 100 pull free with paddles... Rest 0:20/100

4 x 50 Kick with board IM order, no board with Back stroke.... Rest 0:20/50

1 x 100 flutter kick on the back

Core

8 x 100 free, Rest 0:30/100

Rest 1 min

4 x 100 reverse order IM.... Rest 0:45/100

Rest 1 min

10 x 50 free descending order...1-3 rest 0:30/50

4-6 rest 0:20/50

7-10 rest 0:15/50

Warm down

300 easy any stroke

Workout 59

3200

Warm up

500 swim any stroke even pace

Technique

4 x 50 flutter kick on the back.....Rest 0:15

2 x 50 kick IM order switch every 25 no board.....Rest 0:15

2 x 50 push and glide.... Rest 0:20/50

Core

5 x 200 alternate 25 hard and 25 easy... Rest 0:30/200

6 x 100 Alternate, odd numbers free and even numbers IM Rest 0:30/100

8 x 50 odd free, even any other stroke.... Rest 0:30/50

Rest 1 min

Warm down

300 easy any stroke

Workout 60

3300

Warm up

500 free even pace

Technique

3 x 100 flutter kick on the back....rest 0:30

2 x 100 kick IM order switch every 25 no board....rest 0:30

2 x 50 zipper rest.... 0:20/50

2 x 50 stream line swim.... Rest 0:20/50

Core

10 x 100 odd number free, even numbers IM... rest 0:30/100

1 x 200 free.... Rest 1 min

6 x 50 free hard.... Rest 0:15/50

1 x 100 free..... rest 1 min

8 x 25 fast any stroke other than free.... Rest 0:30/25

Warm down

300 easy any stroke

Workout 61

3500

Warm up

250 free even pace
250 choice of stroke

Technique

3 x 100 flutter kick on the back....rest 0:30
3 x 100 kick IM order switch every 25 no board....rest 0:30
2 x 50 catch up.... 0:20/50
2 x 50 stream line swim focus on arm extension.... Rest 0:20/50

Core

12 x 50 IM order...first 25 IM hard and next 25 free easy with focus on getting elbow high out of the water....rest 0:20/50
1 x 200 free.... Rest 1 min
2 x 100 IM fast.... Rest 0:30/100
1 x 100 free easy..... rest 1 min
2 x 300 descending order with each 50... rest 1 min
8 x 25 fast any stroke other than free with turn and extension after turns.... Rest 0:30/25

Warm down

300 easy any stroke

Workout 62

3500

Warm up

300 free even pace

Core

100 even pacerest 0:40

200 even pace.... rest 0:40

300 even pacerest 0:40

400 even pacerest 0:40

500 even pacerest 0:40

500 even pace.... rest 0:30

400 even pace.... rest 0:30

300 even pace.... rest 0:30

200 even pace.... rest 0:30

100 even pace ... rest 0:30

Warm down

200 easy any stroke

Workout 146-1

2900

Warm up

400 warm up mixed strokes

Technique

4 x 100 kick with fins and board, rest 0:30/100

8 x 50 drill...on 1:00 your choice

Core

5 x 200 free...on 3:00 or rest 0:30/200 as follows

1 x 200 even pace

1 x 200, 50 hard, 150 easy

1 x 200, 100 hard, 100 easy

1 x 200, 150 hard, 50 easy

1 x 200 all out.

50 easy

4 x 25 free...on 1:00

2 x 200 pull with paddles and pull buoy on 3:30

Warm down

200 easy swim

Workout 147

2900

Warm up

400 warm up, any stroke

Technique

3 x 300 kick, pull swim. No fins or paddles

Core

5 x 150 free broken, swim 100 get time and sprint last 50. Rest 0:30/150 or swim on 2:30

50 easy

3 x 200 free, negative split, get 100 time and swim the last 100 fast...rest0:30/200 or swim on 3:15

Warm down

200 easy swim

Workout 148-1

2800

Warm up

300 warm up, any stroke

Technique

6 x 50 kick. use fins rest 0:20/50, alternate flutter on stomach and back.

6 x 50 alternate 25 drill, 25 swim... rest 0:20/50

Core

3 x 500 free broken, even pace, rest 1 min between each 500

2 min rest or 50 easy

4 x 50 pull with paddles... rest 0:15/50, pull buoy optional

Warm down

200 easy swim

Workout 148

2900

Warm up

400 warm up, any stroke

Technique

8 x 50 kick. No fins rest 0:20/50, alternate flutter and stroke.

6 x 50 alternate 25 drill, 25 swim... rest 0:20/50

Core

3 x 400 free broken, swim 50 on 1:00 or rest 0:20, then 3 x 100 on 1:45 or rest 0:30, then 50 on 1:30

50 easy

6 x 50 pull with paddles... rest 0:15/50, pull buoy optional

Warm down

200 easy swim

Workout # 149

4400

Warm up

600 warm up

Technique

400 kick with fins and board

10 x 50 drill...on 1:00

Core

5 x 200 free...on 3:00

6 x 100 pull with paddles & pull buoy...on 1:30

50 easy

5 x 150 free...on 2:15

100 easy

4 x 25 free...on 1:00

Warm down

300 easy swim

Workout # 150

3450

Warm up

400 warm up

Technique

3 x 300 as follows

100 kick with board and fins, 100 swim with fins, 100 kick with board and fins,

Rest 0:30/300

4 x 50, free 25 drill and 25 swim on 1:15

Core

5 x 250 as follows

125 swim rest 0:30 or swim on 2:00 min

75 sprint rest 0:20 or swim on 1:30

50 kick with board and recover rest 1 min or on 1:30

10 x 50 free on 1 min or rest 0:15 or

Warm down

200 easy swim

Workout 151

3000

Warm up

600 ant stroke

Technique

3 x 100 flutter kick on the back.....rest 0:30

2 x 100 kick IM order switch every 25 no board.....rest 0:30

2 x 50 zipper rest.... 0:20/50

2 x 50 stream line swim.... Rest 0:20/50

Core

10 x 100 odd number free, even numbers IM... rest 0:30/100

8 x 50 free , 1. 25 easy, 25 hard, 2. 25 hard 25 easy, 3. 50 build, 4. 50 sprint on 1:30 and repeat 4 thru 8

4 x 25 stroke fast on 1:15

Warm down

200easy any stroke

Workout #152

4400 meters

Warm up (1000)

4 x 250 (swim, kick, pull, swim)

Pull Set (900)

3 x 300 pull with pull buoy & paddles...rest :15/300

Core (2200)

4 x 100 free...rest :20/100

1 x 600 free...rest :60/600

4 x 100 free...rest :15/100

1 x 400 free...rest :60/400

2 x 100 free...rest :10/100

Rest 1 minute

1 x 200 free (fast)

Warm down

300 easy any stroke

Workout #153

3200

Warm up

4 x 100 (swim, kick, swim)

Core, (Repeat twice)

6 x 50 kick ... rest 0:15/50

1 400 free... rest 0:45

1 x 300 free...rest 0:30

1 x 200 free...rest 0:20

1 x 100 free...rest :0:15

Warm down

200 easy any stroke

Workout #154

3300

Warm up

4 x 100 swim mixed strokes

Technique

10 x 50 kick, rest 0:10/50, can use flippers and kick board

10 x 50,

25 drill, 25 swim, rest 0:15/50...

Core

1 x 300 even pace, rest 0:30

4 x 50 sprint, rest 0:45

1 x 300 even pace, rest 0: 30

3 x 50 sprint, rest 0:45

1 x 300 even pace, rest 0:30

2x 50 sprint, rest 0:45

1 x 300 even pace, rest 0: 30

1 x 50 sprint, rest 0:45

Warm down

200 easy any stroke

Workout #155

3200

Warm up

4 x 100 swim mixed strokes

Technique

10 x 50 kick, rest 0:10/50, can use flippers and kick board

10 x 50,

25 drill, 25 swim, rest 0:15/50...

Core

Swim set 4x thru

1 x 50 (200 pace), rest 0:30

1 x 100 (200 pace) rest 0:45

1 x 50 (200 pace), rest 0:45

200 recovery, rest 1 min

Warm down

200 easy any stroke

Workout #156

4300

Warm up

400 warm up

Technique

12 x 50 kick...on 1:00

10 x 50 drill...on 1:00

Core

5 x 200 free...long stroke on 3:00

100 easy

2 x 200 free...descending on 3:00

50 easy

5 x 50...in order shown...repeat 4x:

- 15m fast...35 easy...on 1:00
- 25m fast...25 easy...on 1:15
- 35m fast...15 easy...on 1:00
- 50 fast...on 1:00
- 50 easy...on 1:15

Warm down

250 easy any stroke

Workout #157

3300

Warm up

500 warm up

Technique

8 x 50 kick...on 1:00

6 x 50 drill...on 1:00

Core (descending set)

4 x 100 free on 1:30 or rest 0:10

4 x 100 free on 1:40, or rest 0:20

4 x 100 free on 1:50

4 x 100 free on 2:00

100 easy

4 x 50 IM order, switch every 25 or 50.... on 1 min or rest 0:20/50, **All out**

Warm down

200 easy any stroke

Workout #158

3000

Warm up

300 warm up

Technique

300.... 50 drill, 50 swim ... rest 0:30

300 pull with paddles and pull buoy...rest 0:30

Core

Rest 0:30 / 300

300 broken ... rest 0:10/50... pace for fast 300

300 broken... rest 0:15/100, maintain 50's pace

300 broken...0:20/150 maintain 50's pace

300 fast maintain 150's pace

300 stroke

300 kick

Warm down

300 easy any stroke

Workout #159

3300

Warm up

300 warm up

Technique

400 kick with fins & board... rest 0:45

2 x 200 pull with pull buoy & paddles... rest 0:45/200

Core

2 x 50 free...rest0:30/50

1 x 200 free...rest0:45/200

3 x 50 free...0:25/50

1 x 200 free...rest 0:45/200

4 x 50 free...rest: 0:20/50

1 x 200 free...rest:0:45/200

5 x 50 free...0:15/50

1 x 200 free...0:45/200

6 x 50 free...0:10/50

1 x 200 free...all out

Warm down

200 easy any stroke

Workout #160

3300

Warm up (700)

400 free
200 back
100 breast

Technique (600)

6 x 100 pull with paddles & pull buoy :15/100

Core

8 x 25 free on :30 as follows:

- 1 – 12.5 easy, 12.5 fast
 - 2 – 12.5 fast, 12.5 easy
 - 3 – 25 build.. 80% power
 - 4 – 25 sprint.. all out
- Repeat

4 x 400 on 6:30 as follows:

- 1 – 300 free, 100 stroke
- 2 – 200 free, 200 stroke
- 3 – 100 stroke. 300 free
- 4 – 400 free

Warm down

200 easy

Workout 161

2950

Warm up

400 swim mixed stroke

Techniques

400 kick..... rest 0:30

400 pull easy.. rest 0:30

4 x 50 drill swim on 1:00

Core

Set 1: 100 free 80% on 1:30

75 free recovery on 1:45

1 x 25 sprint on 0:45

Set 2: 100 free 80% on 1:30

75 free easy on 1:45

2 x 25 sprint on 0:45

Set 3: 100 free 80% on 1:30

75 free easy on 1:45

3 x 25 sprint on 0:45

Set 4: 100 free 80% on 1:30

75 free easy on 1:45

4 x 25 sprint on 0:45

Set 5: 100 free 80% on 1:30

75 free easy on 1:45

5 x 25 sprint on 0:45

Warm down - 300 easy swim any stroke

Workout 162-2

3100

Warm up

400 swim mixed stroke

Techniques

300 kick..... rest 0:30

4 x 50 drill swim on 1:00

Core

Set 1: 200 build on 3:00 or 0:30 rest

150 negative split on 2:30 or 0:45 rest

100 sprint on 2:00 or 0:45 rest

50 easy between each set

Repeat 3 x

Warm down

200 easy swim any stroke

Workout 162

3500

Warm up

400 swim mixed stroke

Techniques

400 kick..... rest 0:30

400 pull easy.. rest 0:30

4 x 50 drill swim on 1:00

Core

Set 1: 200 build on 3:00 or 0:30 rest

150 negative split on 2:30 or 0:45 rest

100 sprint on 2:00 or 0:45 rest

50 easy between each set

Repeat 3 x

Warm down

300 easy swim any stroke

Workout 122

2800

Warm up

400 swim focus on form and turns

Techniques

1 x 200 kick.... rest 0:30 any stroke

1 x 200 pull... with paddles and pull buoy... rest 0:30

1 x 400... smooth steady body position and focus on turns... rest 0:30

1 x 200 kick.... rest 0:30 mix easy and fast 25's

1 x 200 pull... with paddles and pull buoy... rest 0:30

1 x 50 easy any stroke

Core

8 x 50 IM order, switch every 25... rest 0:30/50

4 x 50 side kick use board, switch every 25... rest 0:30/50

8 x 25 swim head up, head down every 4 strokes... rest 0:30/25

2 x 25 under water kick with fins... rest as needed.

Warm down

200 easy swim any stroke

Workout 164

2800

Warm up (700)

400 swim any stroke

300 mixed kick...can use fins

Technique (700)

8 x 50...(25 drill, 25 swim)...as follows:

1 - 4 free...rest :10/50

5 - 8 your choice

3 x 100 pull with paddles & buoy...as follows:

1 - with buoy at ankles...rest :15/100

2 - with buoy at knees

3 - with buoy at thighs

Core (1400)

6 x 125...as follows:

1 - 125 free...rest :20/125

2 - 25 stroke/100 free

3 - 50 stroke/75 free

4 - 75 stroke/50 free

5 - 100 stroke/25 free

6 - 125 stroke

50 easy

4 x 100 with fins...as follows:

25 kick underwater, breath as needed /25 kick on back/50 swim with fins...on the 2:30, or rest 1 min

Warm down (200)

200 easy any stroke

Workout 164

3000

Warm up (700)

400 swim any stroke
300 mixed kick...no fins

Technique (700)

8 x 50...(25 drill, 25 swim)...as follows:

- 1 - 4 free...rest :10/50
- 5 - 8 your choice

3 x 100 pull with paddles & buoy...as follows:

- 1 - with buoy at ankles...rest :15/100
- 2 - with buoy at knees
- 3 - with buoy at thighs

Core (1400)

6 x 125...as follows:

- 1 - 125 free...rest :20/125
- 2 - 25 stroke/100 free
- 3 - 50 stroke/75 free
- 4 - 75 stroke/50 free
- 5 - 100 stroke/25 free
- 6 - 125 stroke

50 easy

6 x 100 with fins...as follows:

25 kick underwater/25 kick on back/50 swim...on the 2:30

Warm down (200)

200 easy any stroke

Workout 165

3000

Warm up

400 swim any stroke

Core

50x50 on 0:50

Warm down

300 easy any stroke

Workout #166

3300 yards

Warm up (500)

500 any stroke

Technique/Core (2600)

5 x 100 on 2:15 (25 kick, 25 drill, 25 build)

4 x 150 on 3:00 (50 sprint/50 easy/50 stroke)

9 x 100 pull on 1:45

4 x 150 on 3:30 (50 fast kick, 100 easy swim)

Warm down (200)

200 easy

Workout #167

3500 yards

Warm up (500)

500 any stroke

Technique/Core (2800)

4 x 150 on 3:00 (50 free/50 non-free/50 free)

3 x 200 free on 3:45 (descend)

50 easy

3 x 200 pull on 3:30 (descend)

50 easy

6 x 150 on 3:15 (50 kick/100 swim)

Warm down (200)

200 easy

Workout #168

3500 yards

Warm up (800)

4 x 200 (swim, pull, kick, swim)

Technique/Core (2500)

6 x 50 free on 1:00 (descend 1-3, 4-6)

100 free on 2:00, 200 on 3:30, 300 on 5:00

300 pull on 5:00, 200 on 3:35, 100 on 2:00

100 easy

6 x 50 on 1:05 (25 drill/25 swim)

4 x 150 with :20/150 (50 free/50 non-free/50 free)

Warm down (200)

200 easy

Workout #169

3000

Warm up

3 x (200 swim/50 kick/50 drill)

Technique/Core (2500)

6 x 75 on 1:30 (25 free/25 non-free/25 free)

4 x 50 pull fast on :55 or rest 0:10/50

2 x (200 pull on 3:45) or rest 0:30/200

50 easy

3 x 50 on 1:00

2 x 75 on 1:20

1 x 150 on 2:30

2 x 75 on 1:20

3 x 50 on 1:00

50 easy

6 x 50 lane relay, any stroke but free. Coach send off.

Warm down (200)

200 easy

Workout #170

3500 yards

Warm up (600)

200 swim, 100 kick (repeat)

Technique/Core (2650)

8 x 50 free on 1:00

4 x 200 pull on 3:40

4 x 150 on 3:00 (50 free/50 non-free/50 free)

50 easy

4 x 200 on 3:40

Warm down (250)

250 easy

Workout #171

3400 yards (4200 yards w/ 2 x 400 option)

Warm up (500)

500 any stroke

Technique/Core (2650) (3450 w/ option)

:15 - :20 rest throughout

6 x 75 free (25 right arm, 25 left arm, 25 swim)

Free - 100, 200, 300, (400 option)

100 easy

Pull - (400 option), 300, 200, 100

6 x 150 (50 kick/100 swim)

Warm down (250)

250 easy

Workout #172

3600 yards

Warm up (600)

3x (150 free/50 kick)

Technique/Core (2700)

4 x 50 kick...rest :15/50

200 free...rest :20/200

3 x 50 kick...rest :10/50

150 free...rest :20/150

2 x 50 kick...rest :05/50

100 easy

4 x 100 free (25 right arm/25 left/50 swim)...rest :10/100

4 x 150 pull...rest :15/150

4 x 200 swim (25 non-free, 75 free, repeat)...rest :20/200

Warm down (300)

300 easy

Workout #173

4200 yards

Warm up (800)

4 x 200 (swim, pull, kick, swim)

Technique/Core (3200)

:20 - :30 rest throughout

4 x 200 (25 kick, 75 swim, repeat)

4 x 200 (100 IM, 100 free)

4 x 200 free

4 x 200 pull

Warm down (200)

200 easy

Workout #174-1

2900

Warm up (400)

Any stroke

Technique/Core (2350)

12 x 25 free, build... on 0:40

6 x 50 drill on 1:00 or rest 0:15

8 x 50 free, start at the center of the pool on 1:00 or 0:15 rest. Do not touch lane lines or lean on lane lines

50 easy

4 x 150 free (100 strong/50 easy) on 3:30 or rest 0:45

50 easy

2x 200 w/ fins on 3:30 or rest 0:30

1 min rest

2 x 100 free all out rest 1:00 between

Warm down (200)

200 easy

Workout #174

4600 yards

Warm up (600)

2x (200 swim/100 kick)

Technique/Core (3800)

12 x 25 free

10 x 50 drill

8 x 100 pull

6 x 150 free (100 strong/50 fast)

4 x 200 w/ fins

2 x 250 free

Warm down (200)

200 easy

Workout #175

2800

Warm up

500 any stroke

Technique/Core

10 x 50 (25 kick/ 25 drill) on 1 min or rest 0:15/50

20 x 25 free as follows. 5 on 0:40, next 5 on 0:35, next 5 on 0:30 and last 5 on 0:25

50 easy

3 x 150 free rest 0:30

100 easy

3 x 100 IM, rest 0:30

50 easy

3 x 50 specialty stroke rest 0:15

Coaches choice

Warm down (200)

200 easy

Workout #176

2750

Warm up

400 any stroke

Technique/Core

200... swim, kick switch every 25... rest 0:30

400 pull... rest 1 min

6 x 125....., 25 moderate speed, 100 easy focus on stroke mechanics... rest 0:30

8 x 75 pull with paddles and pull buoy, strong pace.... Rest 0:20/75

200 swim even pace, good stroke mechanics.

Warm down

200 easy

Workout #177

2900

Warm up

500 any stroke

Technique/Core

10 x 50 (25 kick/ 25 drill) on 1 min or rest 0:15/50

Rest 1 min

5 x 100 free on 1:30 or rest 0:15

6 x 75 on 1:15 or rest 0:15

7 x 50 on 1:00 or rest 0:15

8 x 25 on 0:30 or rest 0:15

100 easy

4 x 25 sprint with starts race speed

Warm down

200 easy

Workout #178

3000

Warm up

300 any stroke

Technique/Core

300 kick... rest 0:45

300 pull... rest 0:45

6 x 100 swim free.... Rest 0:20

300 kick... rest 0:45

300 pull....rest 0:46

6 x 100 swim free... rest 0:15

50 easy

2 x 25 sprint race speed... rest 1 min

Warm down

200 easy

Workout #179

3100

Warm up

300 any stroke

Technique

300 kick... rest 0:45

300 pull... rest 0:45

Core

Swim set below 2 x

4 x 100 swim free.... Rest 0:30

4 x 75 free... rest 0:25

4 x 50 free....rest 0:20

4 x 25 swim free or specialty stroke... rest 0:15

50 easy

Warm down

200 easy

Workout #180

3000

Warm up

500 any stroke

Technique

5 x 100 kick, rest with flippers... rest 0:30/100

300.. , 25 drill, 25 swim... rest 0:45

Core

Swim set below 3 x

4 x 50 swim free.... Rest 0:20

1 x 100 swim fast... rest 0:30

2 x 50 free....rest 0:20

1 x 100 swim fast... rest 1:00 min

50 easy

Warm down

200 easy

Workout #181

3100

Warm up

500 any stroke

Technique

5 x 100 kick, rest with flippers... rest 0:30/100

200 mixed drills... rest 0:45

Core

Swim set below 3 x

1 x 50 swim free.... Rest 0:15

1 x 100 swim free... rest 0:20

1 x 150 swim free....rest 0:25

1 x 200 swim free... rest 1:00 min

50 easy

4 x 25 all out on 1 min each

4 x 25 under water kick, on 1 min or rest as needed

Warm down

200 easy

Workout #182

3100

Warm up

500 any stroke

Technique

4 x 100 kick, rest with flippers... rest 0:30/100

200 mixed drills... rest 0:45

200 pull with paddles

Core

8 x 75 swim free.... Rest 0:15 or on 1:05 descend 1-4 and 5-8

6 x 125 swim free on 1:50 or... rest 0:20

2 x 100 free all out, rest .05 at 50....

2 min rest

1 x 50 all out

Warm down

200 easy

Workout #183

3500

Warm up

500 any stroke

Technique

200 kick, with flippers... rest 0:30

200 mixed drills... rest 0:45

200 pull with paddles

Core

3 x 200 swim free.... Rest 0:30 or on 3:00

6 x 100 swim free on 1:30 or... rest 0:20

8 x 75 free on 1:15 or rest 0:15

100 easy

Next all out, **optional**

1 x 150 on 2:30

1x 100 on 2:00

1 x 50 on 1:30

Warm down

200 easy

Workout #184

3050

Warm up

400 any stroke

Technique 2 x thru

1 x 150 pull... on 2:30 or rest 0:15

1 x 100 50 kick/50 swim on 2:00...or reset 0:15

1 x 50.. 25 under water/ 25 swim on 1:15 min or rest 0:30

Core

10 x 75 swim free.... Rest 0:30 or on 1:15 even pace

6 x 125 swim free on 1:45 or... rest 0:20, 100 moderate and 25 sprint

2 x 175 free 100 fast and 75 recovery rest 0:45

100 easy

Next all out, **optional**

1 x 100 on 2:30

1x 75 on 2:00

1 x 50 on 1:30

1 x 25

Warm down

200 easy

Workout #185

3200

Warm up

400 any stroke

Technique

2 x 150 pull... on 2:30 or rest 0:15

4 x 100 kick on 2:00...or reset 0:15

Core

4 x 50 swim free.... Rest 0:15 or on 0:55 even pace

3 x 100 swim free on 1:45 or... rest 0:20,

2 x 150 free on 2:30 or rest 0:20

1 x 200 free... on 3:15 or rest 0:25

2 x 150 free on 2:20 or rest 0:15

3 x 100 swim free on 1:30 or... rest 0:15,

4 x 50 swim free.... Rest 0:10 or on 0:50 even pace

50 easy

4 x 25 sprint on 1:30

Warm down

200 easy