

Workout #1 (90 minutes in 25 yd)

Warmup

500 swim

200 IM kick/drill by 25

100 100 swim

(set total: 800)

Pre-set

8x25 backstroke drill 0:30

100 kick 2:00

4x50 backstroke des 1-4 0:55

8x25 freestyle drill 0:30

100 kick 2:00

4x50 free des 1-4 0:55

(set total: 1000/workout: 1600)

Main set

2 rounds

2x300 pull as 100 free/50 back 5:00

6x100 1:35

1xback

2xfree

2xback

1xfree

100 easy reset 2:00

(set total: 2600/4400)

150 cooldown

Total: 4550

Workout #2 (90 minutes in 25 yd)

Warmup

300 swim

200 kick

300 pull

(set total: 800)

Pre-set

6x150 pull 50 DPS/100 gentle build 2:20/2:30/2:40/3:00

6x50 strong pull 0:45

(set total: 1200/total: 2000)

Main set

3x200 smooth free swim 3:00/3:15/3:30/4:00

2x200 strong negative split 2:50/3:05/3:20/3:50

1x200 strong effort swim 2:40/2:55/3:10/3:40

100 easy kick reset 2:00

3x100 smooth free swim 1:25/1:30/1:40/1:50

2x100 negative split 1:35/1:40/1:50/2:00

1x100 strong 1:45/1:50/2:00/2:10

100 easy kick

3 rounds

50 free 0:45/0:50/0:55/1:00

50 free 0:40/0:45/0:50/0:55

50 free 0:35/0:40/0:45/0:50

0:30 rest

(set total: 2450/4450)

200 easy cooldown

Total: 4650

Workout #3 (90 minutes in 25 yd)

Warmup

400 swim

4x100 IMO 50 kick/25 drill/25 swim 0:10 rest

200 pull

(set total: 1000)

Pre-set

200 free 3:00

3x50 kick 1:00

200 FRIM 3:20

3x50 kick desc 1-3 1:00

200 IM 3:30

3x50 strong kick 1:00

(set total: 750/total: 1750)

Main set

3 rounds IMO by round (-free)

3x (125 free 2:10 + 25 stroke 0:30)

4x (50 free 0:50 + 25 stroke 0:30)

100 IM 1:30/1:40/1:50

50 easy 1:00

(set total: 2700/ 4450)

4x50 lowest possible DPS 1:10

Total: 4650

Workout #4 (90 minutes)

Warmup

400 Swim Free (100 Smooth, 200 Build, 100 Smooth)

300 K.D.S IMO by 25

300 Pull Free Moderate

(Set total – 1000)

Kick Set

3x

3 x 50 Kick Hard @1:00

2 x 25 Kick Very Hard @:40

(Set Total: 600/total: 1600)

Pre-set

2x

4 x 25 Swim Fly with Best Skills @:40

4 x 75 Swim Back / Breast / Free Moderate by (25) @1:15

4 x 25 Swim Free Sprint @:40

(Set total: 1000/ total: 2600)

Main set

R1 Free / R2 IM or Stroke

2x

2 x 200 Pull Free Moderate (Breathing Pattern 2/4) @2:45/3:00/3:30

3 x 100 Swim Build @1:30

4 x 50 Swim Hard @1:00

1 x 100 Swim Free Easy @3:00

(Set Total: 2000/ total: 4600)

Cool Down (200 Easy)

Total – 4800 yards

Workout #5 (120 minutes)

Warmup

300 swim

100 kick

300 pull

100 kick

(set total: 800)

Pre-set

6 rounds

50 –25 scull/25 DPS 1:00

150 smooth 2:30

100 easy kick

4 rounds pull

50 des 1-4 0:50

150 build 2:20

100 easy kick

(set total: 2200/3000)

Main set

3 rounds

3x250

100 easy 2:00

4x50 fast 1:00

100 easy 3:00

250 intervals

Round 1: 4:00/4:15/4:30/5:00

Round 2: 3:50/4:05/4:20/4:50

Round 3: 3:40/3:55/4:10/4:40

(set total: 3450/total: 6450)

150 cooldown

Total: 6600

Workout #6 (60 minutes)

Warmup

600 SKPS (150 of each)

4x50 25 IMO drill/25 free swim 0:10 rest

(set total: 800)

Pre-set

5x100 1:45

Odds) kick with fins

Evens) IM DPS

16x50

1) 6x50 DPS 0:55/1:00

2) 4x50 des 1-4 0:50/0:55/1:00

3) 3x50 DPS 0:45/0:50/0:55

4) 3x50 strong 1:00/1:05/1:10

(set total: 900/workout total 1700)

Main set

4 rounds (round 1&2 are choice of stroke, round 3&4 are free at 0:10 faster interval)

3x100 des 1-3 by 0:02 each 1:30/1:30/1:50/2:00

2x25 max speed 0:40

(set total: 1400/ 3100)

100 cooldown

Total: 3200

Workout #7 (60 minutes)

Warmup

300 swim

200 kick

200 pull

(set total:700)

Pre-set

8x50 0:50

Odd) IMO drill/swim

Even) free

4x100 1:40

Odd) IM

Even) free

(Set total: 800/1500)

Main set

4x100 free 1:30

8x25 IMO in pairs 0:30

4x75 free 1:10

8x25 IMO in pairs 0:30

4x50 free 0:50

8x25 IMO in pairs 0:30

4x25 free 0:30

8x25 IMO in pairs 0:30

(Set total: 1800/3300)

100 cooldown

Total: 3400

Workout #8 (60 minutes)

Warmup

2x

100 Swim Free Easy

100 IM Drill

100 Kick Choice

(Set total: 600 yards)

Pre-set

2x (Fins on)

4 x 25 UWK @:30

4 x 50 Swim as [25 Choice + 25 UWK] @:50 / 1:00

4 x 75 Swim as [25 UWK + 25 Drill + 25 Swim] Choice @1:10/15/30

(Set Total: 1200 yards/total yards: 1800)

Main set

3 x 100 Pull Free Desc 1-3 @1:20 / 30 / 45

8 x 25 Swim Fly Hard @:40

3 x 100 Pull Free Desc 1-3 @1:20 / 30 / 45

4 x 50 Swim as [25 Back + 25 Breast] Hard @1:00

3 x 100 Pull Free Desc 1-3 @1:20 / 30 / 45

8 x 25 Swim Breast Hard @:40

(Set Total: 1500 yards/total: 3300)

200 Easy Cool Down

Total: 3500 yards

Workout #9 (60 minutes - Sprint)

Warmup

300 Swim Free (50 Smooth / 50 Moderate / 50 Hard)

200 Kick Choice

200 Swim / Drill IM or choice

200 Pull Free Build

(Set total: 900 yards)

Pre-set

8 x 75 Pull Free Build @1:05 / 10 / 15 / 20

6 x 50 Swim IMT [1 Moderate / 1 Strong] @1:00

4 x 25 Breakout Choice @:30

(Set Total: 1100 yards/total: 2000)

Main set

2x

4 x 25 Sprint Choice @:40

1 x 100 Swim Easy @1:30

2 x 50 Sprint Choice @1:20

1 x 100 Swim Free easy @3:00

(Set Total: 800 yards/total: 2800)

200 yards cool down

Total: 3000 yards