

## Session 1, Workout 3

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 400 Swim	400	8:00	8:00
<b>2</b>	<b>100 Drill Swim with Fins</b> 4 x 100 25 Right Arm 25 Left Arm 25 Swim with fists 25 Swim	400	2:00	8:00
<b>3</b>	<b>150 Drill with Fins</b> 4 x 150 50 Right side kick 50 Left side kick 50 Swim	600	3:00	12:00
<b>4</b>	<b>2 x 50 Free</b>	100	1:15	2:30
<b>5</b>	<b>2 x 100 Free</b> 1 easy, 1 fast	200	2:00	4:00
<b>5</b>	<b>2 x 50 Free</b> 1 easy, 1 fast	100	1:15	2:30
	<b>Cool Down</b> 200 Choice	200	4:00	4:00
	<b>Total</b>	<b>2000</b>		

## Session 1, Workout 4

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 300 Drill/Swim 200 IM Drill/Swim 100 Build Speed	600		
<b>2</b>	<b>Pre-Set</b> <b>6 x 50 on 1:10 Build</b> #1 Free #2-5 IM Order #6 Free	200	1:10	18:40
<b>3</b>	<b>Main Set</b> 4 x 50 IM Order 1x 200 Free 3 x 50 IM Order 1 x 200 Free 2 x 50 IM Order 1 x 200 Free 1 x 50 Stroke all out	1100	1:10 3:45 1:05 3:45 1:00 3:45	
	<b>Cool Down</b> 100 Easy	100		
	<b>Total</b>	<b>2000</b>		

## Session 1, Workout 5

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b>				0:00
	400 (150 free, 50 not free)	400	8:00	
	4 x 100 on :15 seconds rest (K/D/K/S)	400	8:00	
	8 x 25 descend 1-4, 5-8	200	:40	
<b>2 Pre-Set</b>				
	4 x 100 Sprint the first 25 rest easy	400	1:45	
	6 x 50 Pull (make interval)	300	:50	
<b>3 Main Set</b>				
	400 for time	400	:30R	
	Get Psyched!			
	1 x 200 (Faster than 1/2 your 400 time)	200	:20-:25R	
	2 x 100 (Faster than 1/2 your 200 time)	200	:10-:15R	
	4 x 50 (Faster than 1/2 your 100 time)	200	:10R	
	<b>Cool Down</b>			
	200 (50 kick on back/ 50 swim)	200	5:00	5:00
	<b>Total</b>	<b>2900</b>		
	<b>Total</b>			

## Session 1, Workout 6

Set	Meters	Interval	Set Time
<b>1 Warm-up</b> 200 Free, 100 Free Kick, 100 Choice, 100 Choice Kick	500	11:00	11:00
<b>2 Kick Set</b> Ladder - Use fins climbing; No fins going down	500		10:15
25		0:30	
50		0:45	
75		1:15	
100		1:45	
100		2:15	
75		1:45	
50		1:15	
25		0:45	
<b>3 Distance Set - 3 x 200 Free</b> 1st: 1st 50 Easy, Middle 100 Fast, Last 50 Easy 2nd: 1st 100 Fast, 2nd 100 Easy 3rd: 1st 50 Fast, Middle 100 Easy, Last 50 Fast	600	3:45	11:15
<b>4 Sprint Set</b> 10 x 25 - Odds Free, Evens Stroke	250	0:40	6:40
<b>Cool Down</b> 200 Choice	200	5:00	5:00
<b>Total</b>	<b>2050</b>		

## Session 1, Workout 7

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 200 Free, 100 Choice, 100 Streamline kick on back	400	9:00	9:00
<b>2</b>	<b>IM Set #1</b> Broken IM's (50's) 4x through Fly-Back Back-Breast Breast-Free	600	1:30	18:00
	<b>Easy Swim</b> 200 Free	200	5:00	5:00
<b>3</b>	<b>IM Set #2</b> 4 x 100 IM	400	3:00	12:00
<b>4</b>	<b>4 x 100 Free</b> Odds Easy, Evens Faster	400	2:30	10:00
	<b>Cool Down</b> 200 Choice	200	4:00	4:00
<b>Total</b>		<b>2200</b>		

## Session 1, Workout 8

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 100 Free , 100 Free kick, 100 Choice, 100 Choice Kick, 100 Free	500	11:00	11:00
<b>2</b>	<b>10 x 75 Free</b> 1-3: Kick - Drill - Swim 4-6: Descend by 25 7-9: Long & Smooth 10: Fast	750	2:00	20:00
<b>3</b>	<b>Distance Set</b> 3 x 300 Free	900	7:00	21:00
	<b>Cool Down</b> 200 Choice	200	4:00	4:00
<b>Total</b>		<b>2350</b>		

## Session 1, Workout 9

<b>Set</b>	<b>Meters</b>	<b>Interval</b>
<b>1 Warm-up</b>		
	300 broken down-	100 swim/ 100 kick/ 100 swim
<b>2 6 X 100</b>		
	1-	100 Kick
	2-	75 Kick/ 25 Swim
	3-	50 Kick/50 Swim
	4-	25 Kick/ 75 Swim
	5-	100 Swim
	6-	100 Kick
<b>3 Main Set 3 Rounds</b>		
	4 x 25	DPS
	75	DPS
	50	Strong
	25	Sprint
<b>Cool Down</b>		
	200	Choice
<b>Total</b>	<b>2200</b>	

Set Time

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## Session 1, Workout 10

Set	Meters	Interval
<b>1 Warm-up</b>		
	5 x 100-	(Swim, Kick, IM, Drill, Swim)
<b>2 IM Set</b>		
4 x 25	Fly	
150	Back/Brst/Free	
4 x 25	Back	
150	Fly/Brst/Free	
4 x 25	Breast	
150	Fly/Back/Free	
4 x 25	Free	
150	Fly/Back/Brst	
<b>3 Fast Set</b>	<b>2 Rounds (1 Non-Free, 1 Free)</b>	
	3 x 50 @ 80%	
	2 x 50 @ 90%	
	1 x 50 @100%	
<b>Cool Down</b>		
	200 Choice	
<b>Total</b>	<b>2300</b>	

Set Time

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## Session 1, Workout 11

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 100 Free , 100 Free kick, 100 Choice, 100 Choice Kick, 100 Free	500	11:00	11:00
<b>2</b>	<b>Stroke Set (No Free)</b> 10 x 50M	500	1:30	15:00
	<b>"Shake it out" 300 easy</b> 150 Free, 150 Choice	300	7:00	7:00
<b>3</b>	<b>10 x 50 Free</b> 1-3 Descend 4-6 Ascend 7-9 Long & Smooth 10 - ALL OUT	500	1:15	12:30
<b>4</b>	<b>Cool Down</b> 50 Back, 100 Free, 100 Free Kick, 100 Free, 50 Back	400	11:00	11:00
	<b>Total</b>	<b>2200</b>		

## Session 1, Workout 12

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 100 Free, 100 Choice, 100 Free	300	8:00	8:00
<b>2</b>	<b>Kick Set - twice through</b> 1st round w/fins, 2nd without 1 x 100 2 x 50 4 x 25	600	3:00 1:45 0:45	18:00
<b>3</b>	<b>Long &amp; Smooth Set</b> 6 x 100 Free	600	2:30	15:00
<b>4</b>	<b>Sprint Set</b> 10 x 25 - Odds Free, Evens Stroke	250	0:40	6:40
<b>5</b>	<b>Cool Down</b> 100 Choice, 100 Free, 100 Choice	300		8:00
<b>Total</b>		<b>2050</b>		

## Session 1, Workout 13

<b>Set</b>	<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b> 300 choice, 200 kick, 4x25 descend			
<b>2 Pre-Set</b> 8 x 75 odds free, evens NF or IM			
<b>3 Long &amp; Smooth Set</b> 6 x 100 #1, #2 Free #3 IM or Stroke #4, #5 Free #6 IM or Stroke			
<b>4 Sprint Set</b> 4 x 50 Descend on 1:05			
<b>5 Cool Down</b> 100 Choice			
<b>Total</b>	<b>2200</b>		

## Session 1, Workout 14

<b>Set</b>	<b>Meters</b>	<b>Interval</b>
<b>1 Warm-up</b> 200 choice, 100 kick, 100 pull		
<b>2 Pre-Set</b> 300 pull breathing every 7, 5, 3 by 100 200 pull breathing every 7, 5 by 100 100 pull breathing every 7		
<b>3 Main Set (Fins Optional) 3 Rounds</b> 2 x 25 Fly on :40 4 x 50 Free on interval where you need to work and get about 5 seconds 2 x 25 Stroke on :40  *Rest between rounds 1 & 2- no rest between rounds 2 & 3*		
<b>4 Cool Down</b> 3 x 100 ascend (Fast to Slow)		
<b>Total</b>	<b>2200</b>	

## Set Time

Is rest

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## Session 1, Workout 15

<b>Set</b>	<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b> 200 Choice	200	5:00	5:00
<b>2 Pyramid Set</b>	1200		
100 (Up & Down)		2:00	4:00
150 (Up & Down)		3:45	7:30
200 (Up & Down)		4:15	8:30
300 (Peak)		5:30	5:30
<b>5 100 Free Kick, 100 Choice Swim</b>	200	3:00	3:00
<b>6 Sprint Set</b>	600		
8 x 25		0:45	6:00
6 x 50		1:30	9:00
4 x 25		1:00	4:00
<b>Cool Down</b> Choice	100	2:00	2:00
<b>Total</b>	<b>2300</b>		



## Session 1, Workout 16

<b>Set</b>	<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b> 200 Free, 100 Free Kick, 100 Choice, 100 Choice Kick	500	9:00	9:00
<b>2 Kick Set - with fins</b> 1 x 100 on back streamline 3 x 50 w/Kickboard 6 x 25 w/Kickboard 1 x 100 on back streamline	500	2:30 1:15 0:45 2:30	2:30 3:45 4:30 2:30
<b>3 Broken IM Set - 50s - 3x through</b> Fly-Back Back-Breast Breast-Free Free-Free	600	1:30	18:00
<b>4 100s - Alternate Free &amp; Stroke</b>	500	2:30	12:30
<b>Cool Down</b> Choice	100	2:00	2:00
<b>Total</b>	<b>2200</b>		

## Session 1, Workout 17

<b>Set</b>	<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b> 200 Free, 100 Free Kick, 100 Choice, 100 Choice Kick	500	10:00	10:00
<b>2 Kick &amp; Swim Set -- 100s</b> 1- 100 Kick 2- 75 Kick/ 25 Swim 3- 50 Kick/50 Swim 4- 25 Kick/ 75 Swim 5- 100 Swim 6- 100 Kick	600	2:30	15:00
<b>3 Distance Set - 3 x 200 Free</b> 1st: 1st 50 Easy, Middle 100 Fast, Last 50 Easy 2nd: 1st 100 Fast, 2nd 100 Easy 3rd: 1st 50 Fast, Middle 100 Easy, Last 50 Fast	600	3:45	11:15
<b>4 10 x 50 Free</b> 1-3 Descend 4-6 Ascend 7-9 Long & Smooth 10 - ALL OUT	500	1:15	12:30
<b>Cool Down</b> 50 Back, 100 Choice, 50 Back	200	6:00	6:00
<b>Total</b>	<b>2400</b>		

## Session 3, Workout 2

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 300 Swim	300		
<b>2</b>	<b>Skill Set 12 x 25</b> 11 Drill & Kick Straight Arm Catch Up Entry Finish Drill	300		
<b>3</b>	<b>Main Set</b> 300 Pull 3 x 100 Swim on 1:50 200 Pull 4 x 50 descend on :50 100 Pull 12 x 25 Swim (1 easy 1 Fast)	1400		
	<b>Cool Down</b> 200 Choice	200		
<b>Total</b>		<b>2200</b>		

### Session 3, Workout 3

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 300 Swim	300		
<b>2</b>	<b>Kick Set</b> 10 x 50 Kick on Back With Fins	500	1:10	
<b>2</b>	<b>Backstroke Skill Set 12 x 25</b> 6,3,6 Drill Double Arm Backstroke Left Arm Right Arm	300		
<b>3</b>	<b>Main Set (Group 1)</b> 9 x 100 (2 back 1 Free on 2:00)  10 x 50 swim on :55 1-5 (25 back 25 free) 6-10 all freestyle			
<b>3</b>	<b>Main Set (Group 2)</b> 8 x 75 (odds 50 back 25 free, evens 50 free 25 back)  5 x 50 (25 back 25 free)		1:40	
	<b>Cool Down</b> 200 Choice	200	1:10	
<b>Total</b>		<b>1300</b>		

### Session 3, Workout 8

<b>Set</b>	<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b> 200 Free, 100 Free Kick, 100 Choice, 100 Choice Kick	500	10:00	10:00
<b>2 Kick &amp; Swim Set -- 100s</b> 1- 100 Kick 2- 75 Kick/ 25 Swim 3- 50 Kick/50 Swim 4- 25 Kick/ 75 Swim 5- 100 Swim 6- 100 Kick	600	2:30	15:00
<b>3 Distance Set - 3 x 200 Free</b> 1st: 1st 50 Easy, Middle 100 Fast, Last 50 Easy 2nd: 1st 100 Fast, 2nd 100 Easy 3rd: 1st 50 Fast, Middle 100 Easy, Last 50 Fast	600	3:45	11:15
<b>4 10 x 50 Free</b> 1-3 Descend 4-6 Ascend 7-9 Long & Smooth 10 - ALL OUT	500	1:15	12:30
<b>Cool Down</b> 50 Back, 100 Choice, 50 Back	200	6:00	6:00
<b>Total</b>	<b>2400</b>		

## Session 4, Workout 1

<b>Set</b>	<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1 Warm-up</b> 200 Free, 100 Free Kick, 100 Choice, 100 Choice Kick	500	10:00	10:00
<b>2 Kick Set - with fins</b>	500		
1 x 100 on back streamline		2:30	2:30
3 x 50 w/Kickboard		1:15	3:45
6 x 25 w/Kickboard		0:45	4:30
1 x 100 on back streamline		2:30	2:30
<b>3 Distance Set - 3 x 200 Free</b> 1st: 1st 50 Easy, Middle 100 Fast, Last 50 Easy 2nd: 1st 100 Fast, 2nd 100 Easy 3rd: 1st 50 Fast, Middle 100 Easy, Last 50 Fast	600	3:45	11:15
<b>4 10 x 50 Free</b> 1-3 Descend 4-6 Ascend 7-9 Long & Smooth 10 - ALL OUT	500	1:15	12:30
<b>Cool Down</b> 50 Back, 100 Choice, 50 Back	200	6:00	6:00
<b>Total</b>	<b>2300</b>		

## Session 4, Workout 2

<b>Set</b>		<b>Meters</b>	<b>Interval</b>	<b>Set Time</b>
<b>1</b>	<b>Warm-up</b> 100 Choice Swim 6 x 50 - Alternate Free & Free Kick 100 Choice Swim	500		12:00
<b>2</b>	<b>8 x 100 Free</b>	800	2:00	16:00
<b>3</b>	<b>10 x 50 Free</b> 1 & 10 2 & 9 3 & 8 4 & 7 5 & 6	500	1:20 1:15 1:10 1:05 1:00	11:40
<b>4</b>	<b>10 x 25 Free</b> 1 & 10 2 & 9 3 & 8 4 & 7 5 & 6	250	0:50 0:45 0:40 0:35 0:30	6:40
<b>5</b>	<b>Cool Down</b> 100 Choice; 50 Back; 100 Free; 50 Back; 100 Choice	400		6:00
<b>Total</b>		<b>2450</b>		

## Session 5, Workout 1

Set		Meters	Interval	Set Time
<b>1</b>	<b>Warm-up</b>			10:00
	200 (150 free, 50 not free)	200		
	4 x 75 on :15 seconds rest	300		
	--- Odd Free, Even Not Free			
<b>2</b>	<b>Pre-Set</b>			
	4 x 100 Sprint the first 25 rest easy	400	2:00	8:00
	6 x 50 Pull (hold interval)	300	1:00	4:00
<b>3</b>	<b>Main Set</b>			
	400 for time	400		8:00
	1 x 200 (Faster than 1/2 your 400 time)	200	:20-:25R	4:00
	2 x 100 (Faster than 1/2 your 200 time)	200	:10-:15R	4:00
	4 x 50 (Faster than 1/2 your 100 time)	200	:10R	4:00
	<b>Cool Down</b>			
	200 (50 kick on back/ 50 swim x 2)	200	5:00	5:00
	<b>Total</b>	<b>2400</b>		



## Session 5, Workout 7

<b>Set</b>		<b>Meters</b>	<b>Interval</b>
<b>1 Warm-up</b>			
	200 Free	200	
	50 Choice - 50 Kick - 50 Choice - 50 Kick	200	
	100 Free	100	
<b>2 Kick Set (fins on if desired)</b>		500	
	100 Kick on back		2:00
	4 x 50 Kick with kickboard		1:00
	4 x 25 Kick with kickboard		0:30
	100 Kick on back		2:00
<b>3 Main Set - 20 seconds rest between each</b>			
	200 Free - Fast pace	200	
	50 Choice - Recovery pace	50	
	150 Free - Fast pace	150	
	100 Choice - Recovery pace	100	
	100 Free - Fast pace	100	
	150 Choice - Recovery pace	150	
	50 Free - Sprint	50	
	50 Choice - Recovery pace	50	
	50 Free - Sprint	50	
	50 Choice - Recovery pace	50	
	50 Free - Sprint	50	
	50 Choice - Recovery pace	50	
	50 Free - Sprint	50	
<b>4 Cool Down</b>			
	100 Free - 100 Choice - 100 Free	300	
	<b>Total</b>	<b>2400</b>	