

Day One
Mid-Distance Free

Warm Up

4 x 200 free descending rest: 20 seconds

Main Set

4 x 150 free rest: 15 seconds

4 x 100 alternate free and back rest: 10 seconds

4 x 50 free rest: 10 seconds

4 x 25 alternate free and back rest: 5 seconds

Kick Set

Flutter Kick Descending Ladder rest: 20 seconds

200 kick

150 kick

100 kick

50 kick

25 kick

Warm Down

6 x 50 Choice

Day Two Dry-Land

Warm Up

Walking series, quadruped, straight legged, rockers

Main Set

Aerobic exercise down, walk back (either w/cones or a basketball court)

Skip

High knees

Butt kickers

Shuffle both sides

Grapevine both sides

Walking lunges

1 mile run for time

Warm Down

Static Stretches: standing pike, straddle one leg reach, lunge, down dog, seal, bicep and tricep cross body

Day Three
Free

Warm Up

300 swim

200 kick

100 pull

Drill Set

Repeat 2x

rest: 10 seconds

100 left arm freestyle

100 right arm freestyle

100 regular freestyle

Main Set

Repeat 3x

rest: 10 seconds

4 x 100 six beat kick w/catch-up drill

8 x 50 free

1st 25 - underwater w/strong kick

2nd 25 - sprint free

Warm Down

200 choice

Day Four Dry-Land

Warm Up

Walking series, quadruped, straight legged, rockers

Main Workout

Aerobic shuttle runs with exercises at end markers (2-3 rounds depending on time)

Skip down, 10 squats at marker, jog back

Grapevine right leg lead down, 10 right side crunches, jog back

Grapevine left leg lead down, 10 left side crunches, jog back

Shuffle right leg lead down, 10 regular push ups, sprint back

Shuffle left leg lead down, 10 scap push ups, sprint back

Cool Down

10 x bird dogs

Static Stretches: standing pike, straddle one leg reach, lunge, down dog, seal, bicep and tricep cross body

Day Five
Sprint Free

Warm Up

200 swim

200 kick

200 pull

Pre Set

4 x 75 free descending

rest: 10 seconds

4 x 75 pull descending

rest: 10 seconds

4 x 75 kick descending

rest: 10 seconds

Main Set

THIS IS ALL-OUT SPRINT

rest: 60 seconds

15 x 100 free

These are in order of swim, kick, pull
and then repeat 5x

5 x 100 sprint free with fins

rest: 30 seconds

Warm Down

200 easy choice