

SUN	MON	TUE	WED	THU	FRI	SAT
KEY s = swim f = fly k = kick b = back p = pull br = breast d = drill st = best stroke c = crawl w = with ez = easy	Green = 2000 yds Orange = 3000 yds Yellow = 4000 yds Turquoise = 5000 yds Red = 6000 yds	Blue = 1500 yds Purple = 3500 yds Grey = 4500 yds			(5000 yds) 1 200 each (s,k,p,s) 4 x 300 IM (25k, 25d, 25s each stroke) 20 x 50 choice on 1:00 200 easy 20x25 on :30 4 x 300 p; 100 cool down	(4000 yds) 2 4 x (200s,100d) 8 x 75 k 50–100–150–200–200– 150–100–50. Rest 10sec. Per 50 12 x 50 (25d,25s) IM order
(2000 yds) 3 500 s 500 crawl w/fins 800 kick w/fins 200 easy no fins	(4000 yds) 4 400 c, 400d (no crawl) 10 x 50 k on 1:15 4 x 250 IM (25f, 50b, 75br, 100c) rotate str each round 8x50 (25k,25d);	(3000 yds) 5 8 x 75 choice 12 x 25k 9 x 100 descend by 3 100 easy 3x200 br pull 8 x 50 drill ez	(4000 yds) 6 400s; 200d 8x 50k 3 x 500 crawl (1 min rest) 100 easy 8 x 75 (3 strokes w/in 75) 12 x 50 (2 strokes w/in 50)	(2000 yds) 7 200 c, 100b, 100br 8 X 50 drill 300 breast kick 3 x 300 p. ez (brethe every 3rd and 5th stroke by 50)	(4000 yds) 8 300s, 300k, 300p 4 x 50 d 8 x 100 8 x 75 8 x 50 8 x 25 600 k/fins; 300 cool	(5000 yds) 9 4 x 200 choice warm-up 4x200s & 4 x 200p (50 ez, 50 bld, 50ez, 50 fast) 12 x100 (5sec. Faster interval after each 4) 300s 300k; 200s 200k, 150s 150k; 100s100k
(2000 yds) 10 8 x (25k, 50d, 75p, 100s)	(3500 yds) 11 300 s; 6 x 50 d 8 x 25 k sprints 6 x 100 (sprint last 25) 50 easy; 300 breathe 3/5 by 50 4 x (4x50 st, 200 easy c) 150 cool down	(4500 yds) 12 2x(200c,100br,100b,100f) 3 x500 (25st/25c,50st/ 50c 75st/75c, 100st/ 100c) 8 x 50 (25d/25s) 3 x 200 br p w/fins	(3500 yds) 13 200 c 2 x 100 br 4 x 50 b 8 x 25f 3x(50c,100IM,150p,200IM 2 x 200 k	(3000yds) 14 100s,50k each stroke 10 x100 (odd IM, even c) 200 skulling 8 x 50d 800 c	(4000 yds) 15 1 x 500 2 x 400 3 x 300 4 x 200 5 x 100 6 x 50 8 x 25	(5000 yds) 16 8 x 75 (25k, 50s) 4 x (300c, 15 sec rest, 100st) 8 x 100k w/fins 400 p 300 p 200 p
(1500 yds) 17 20 x 50 choice 300 br p 200 cool down	(3500 yds) 18 400 IM reverse order 10 x 50k (10 sec. Rest) 4 x (200 ez c, 20 sec, rest 100st) 4 x 150 p	(4000 yds) 19 200c, 200s, 200d 500 s; 5 x 100 fast 400 s; 4 x 100 fast 300 s; 3 x 100 fast 200 s; 2 x 100 fast 100 s; 100 fast	(3500 yds) 20 300c, 200d, 200s 8 x 75k (25f,25b,25br) 8 x 125 IM (do 50f on 1st 50b on 2nd, etc) 3 x 300p	(4000 yds) 21 600 choice 20x50 (odd choice, even c) 200 ez 10x50 (25ez/25 no breath) 600 p (200b, 200br, 200c)	(4000 yds) 22 500s, 500k, 500p 8 x 50 (build w/in 50) 16 x 25 IM order 4 x 250 p 6 x 50 d 4 x 100 (work middle 50)	(2000 yds) 23 2000 ez s w/fins
(6000 yds) 24 500 warm up 1000, 800, 600, 400, 200 s 10 x 100 k w/fins 10 x 100 p 20 x 25	(3000 yds) 25 8 x 75 (3 strokes w/in 75) 8 x 50 k (25 hd, 25ez) 8 x 100 IM 8 x 50 (25d/25s) 8 x 75 (50 mod/25 hd) 200 cool down	(2000 yds) 26 500s 500k 500p 10 x 50 choice	(4000 yds) 27 250c, 250 non crawl 8 x 250 (25–50–75–100) <i>Each part of the 250 is a diff. stroke. You pick the order.</i> 2 x 300 k w/fins 4 x 200 p 100 cool down	(4000 yds) 28 3 x (100s, 100d, 50s, 50d) 16 x50 (25k/25s) IM order 12 x 75 c (15 sec rest) 25–50–75–100–125–150 - 150–125–100–75–50–25		