

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (4500 yds) 500s,200k, 300d 12 x100 (des by 3) 16x50 (odd st,even ez) 3x200p, 8x50(25d/25s) 12x25 IM order, 200 ez	2 (4100 yds) 20x50 on 1:00 wu 400 IM d, 400 IM k 5x200 IM (30 RI) 12x75 c (15 RI) 300 p, 100 ez	3(3700 yds) 300 s, 300k, 300d 4x200p,3x150p,2x10 0p,50p 10x50k 400s (25IM,25c) 8x25 sp, 200ez	4(2000 yds) Ez2000 ch	5 (6900 yds) 1000 s, wu (1000s, 600k, 800s,500k, 600s,400k,400s,300k,2 00s, 200k,100s,100k) w/fins 10x50 ch, 200ez
6 Day Off	7 (5000 yds) 200 x (s,k,p,s) 8 X 100 (50d 50s) 6 X 200 P (50c,100st,50c) 600 k (150 b,br,f,c) 8 X 50 (2 each st), 6 X 50 d 6 X 100 c (20 RI), 300 ez 300 ch cool down	8 (3600 yds) 8x100 ch wu 16x50 (25d/25s IM order) (50,100,150,200, 150, 100,50) c (50,100,150,200, 150, 100,50) st 200k, 200ez	9 (3000 yds) 600 ch 6X75 (25k,25d,25s) 6X75 (50st,25EZ) RI 15 6X75 (25st,50E) RI 15 200 d, 5X150p 100 EZ	10 (4600 yds) 400c,300d,200s 4x250 p, 12x25k 12x75 (des by 25) 15RI 12x50 (25d,25s) 15 RI 6x100 IM, 300 ez	11 (4100 yds) 500c, 500 non crawl 16x50 IM order (10RI) 8X75 k, 4x125c (400,300,200,100) p 200 ez	12 Day off
13 (7300 yds) 500 ch wu All fins 6x(800c,200k,100b r p) 200 ez	14 Day Off	15 (4000 yds) 400s 200P 10 x 50 (25d/25s) 10 x 50s Mod/Fast pace 4 x 200 Hold Pace 8 x 100 Hold Pace 16 x 50 Descend 1-4	16 (3900 yds) 200c, 100b, 100 br, 200c 4x75 (25k,25d,25s ea st) 8x(100c, 50 st) 10 sec. RI 100 ez, 5 x 100 IM k 600 p (breathe every 3 <sup>rd</sup> st) 8x50 on 1:20 fast, 200 ez 200ez	17 (3400 yds) 6x (150s, 50k) 10x 50 (25d,25s) alt strokes 8x75s (20sec RI) 8x100 p 4x25 under water 200ez	18 (3900 yds) 200c, 300d (100b,br,f) 8x75 ch, des by 25 (20sec RI) 8x50 k IM order 4x (25,50,75,100) ch (RI 5sec per 25), 100 ez, 8x25 IM order (30 sec RI), 4x150 p, 200ez	19 (6000 yds) 400 s, 200 d 20 x 25 fast k (5/ea st) 6 x 100 I.M 20 x 50 s (Mod/Fast) 20 x 50 (30 fast/20ez) 6 x 300 Des 1-3 40 RI 500 p ez
20 (2000 yds) 2000 ez choice	21 (3350 yds) 300s, 300k, 100 p 6 x 50 d, 5 x 100 s 10 x 75 (50c/25 st) 5 x 100 s 10 x 50 ch, 100 ez	22 (4200 yds) 200 x(s,k,p,s) 4 x 150 (50k/50d/50s) 3 x 200 d/s IM order 10 x 100 (odd c/even st) 6 x 100 IM 30 RI 12 x 50 K (3 ea st), 100ez	23 (3500 yds) 400 s, 200 d, 2x50 k ch 1 x 300 c Alt. Breathing 50,100,150,200,250,20 0, 150,100,50 p, 1 x 300 c Alt Breathing , 9 x 50 c Des 1-3 1 x 400 k or d , 100 ez	24 (2400 yds) 300s,300nc 8x(50ez,25sp), 200k 4x150p 12x25IM order 100ez	25 (3000 yds) 200x(s,k,p), 8x50d 8x100 des 1-4 10x50 (25c/25nc) 6x100(breathe3,5,7,5 by25) 100 ez	26 (6000 yds) 400S,200K ,4x150 (k,d,s by 50) 500 s breathe 3,5,7,5,3 by 50 4 x 150 (100c/50ch) 50,100,150,2x200,150, 100,50 40 x 25 c Des 1-5 4x100 (st 1), 3x100 (st2), 2x100(st3),3x200 p, 200 ez
27 (1450 yds) 6x(100c,50d,50st,2 5k) 100 ez	28 (4000 yds) 6x(100 s / 50 d) 12 x 50 k w/ Fins 3 x 200 IM d, 200 IM fast 16x75 ch) 20 sec.RI 400 I.M. d, 100 ez		c= crawl b= back br= breast f = fly ch = choice	alt = alternate ez = easy d = drill p = pull k = kick	IM = individual medley wu = warm-up sp = sprint nc = not crawl s = swim st = best stroke	