

Base: Mile Sets

Monday thru Thursday

Warm Up:

200 Swim

200 Pull

8 x 25 Kick

(600)

1x thru: (Watch your start and finish time, then subtract 75"
from final time, for projected mile swim time)

2 x 100 Swim R:05"

2 x 25 Kick R:05"

2 x 75 Swim R:05"

2 x 25 Kick R:05"

3 x 50 Swim R:05"

2 x 50 Kick R:05"

4 x 25 Swim R:05"

1 x 50 Swim R:05"

4 x 25 Swim R:05"

2 x 50 Kick R:05"

3 x 50 Swim R:05"

2 x 25 Kick R:05"

2 x 75 Swim R:05"

2 x 25 Kick R:05"

2 x 100 Kick R:05"

(1650)

Cool Down: Last 3-5 minutes Ez Swim

Base: Mile Sets
Monday thru Thursday

Warm Up:

300 Swim

300 Pull

12 x 25 Odd Kick EZ/Even Kick Fast (800)

1x thru: Broken 1650! - Two rest options:

One: Rest :05, subtract :50 from final time

Two: Rest :10, subtract 1:40 from final time

275 (11x25),

250 (10x25),

225 (9x25),

200 (8x25),

175 (7x25),

150 (6x25),

125 (5x25),

100 (4x25),

75 (3x25),

50 (2x25),

25 (1x25)

(1650)

Bonus: Swim (track your distance) or Relay