

Daily Workouts | Swim Without Limits, Inc.

Fri Apr 26 '19 - 5:30 am 25 Yards

Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

8 x 75 1:20 0 yds 0 min

8 x 50 1:00 choice 600 yds 10 min

Kick set 1000 yds 18 min

6 x 75 1:40 last 25 fast 1000 yds 18 min

Stroke set 1450 yds 28 min

4x 1450 yds 28 min
1 x 25 :40 perfect stroke
1 x 50 1:10 build
1 x 75 1:30 strong

[RD1 fly, RD2 back, RD3 brst, RD4 choice] 2050 yds 42 min

Sprint set 2050 yds 42 min

4x 2050 yds 42 min
3 x 25 :45 desc 1-3
1 x 25 :45 easy free
1 x 50 1:15 fast

2650 yds 59 min

[RD1/2 stroke, RD3/4 choice]

2650 yds 59 min

Freestyle/pull

2650 yds 59 min

2x

1 x 200 3:00

1 x 100 1:30

1 x 50 1:00

1 x 50 :50

1 x 100 1:20

1 x 200 2:40

4050 yds 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4250 Yards - 1 hr 23 min - stress: 132

#Black sets

Warm up	0 yds 0 min
8 x 75 1:30	0 yds 0 min
8 x 50 1:15 choice	600 yds 12 min
Kick set	1000 yds 22 min
6 x 75 1:50 last 25 fast	1000 yds 22 min
Stroke set	1450 yds 33 min
4x 1 x 25 :45 perfect stroke 1 x 50 1:15 build 1 x 75 1:45 strong	1450 yds 33 min
[RD1 fly, RD2 back, RD3 brst, RD4 choice]	2050 yds 48 min
Sprint set	2050 yds 48 min
4x 3 x 25 :45 desc 1-3 1 x 25 :45 easy free 1 x 50 1:30 fast	2050 yds 48 min
[RD1/2 stroke, RD3/4 choice]	2650 yds 1 hr 6 min

Freestyle/pull	2650 yds 1 hr 6 min
1 x 200 4:00	2650 yds 1 hr 6 min
1 x 100 2:00	2850 yds 1 hr 10 min
1 x 50 1:00	2950 yds 1 hr 12 min
1 x 50 :50	3000 yds 1 hr 13 min
1 x 100 1:50	3050 yds 1 hr 13 min
1 x 200 3:40	3150 yds 1 hr 15 min
Warm down	3350 yds 1 hr 19 min
4 x 50 1:00	

#Black totals:
3550 Yards - 1 hr 23 min - stress: 111

#White sets

Warm up	0 yds 0 min
8 x 75 1:45	0 yds 0 min
6 x 50 1:30 choice	600 yds 14 min
Kick set	900 yds 23 min
6 x 75 2:00 last 25 fast	900 yds 23 min
Stroke set	1350 yds 35 min
3x 1 x 25 :45 perfect stroke 1 x 50 1:30 build 1 x 75 2:00 strong	1350 yds 35 min
[RD1 stroke, RD2 free, RD3 choice]	1800 yds 47 min
Sprint set	1800 yds 47 min
10 x 25 :45 alt 1 easy, 1 fast	1800 yds 47 min
Freestyle/pull	2050 yds 55 min

1 x 200 5:00	2050 yds 55 min
1 x 100 2:30	2250 yds 1 hr 0 min
1 x 50 1:15	2350 yds 1 hr 2 min
1 x 50 1:15	2400 yds 1 hr 4 min
1 x 100 2:15	2450 yds 1 hr 5 min
1 x 200 4:30	2550 yds 1 hr 7 min

2750 yds 1 hr 12 min

Warm down
4 x 50 1:00

#White totals:
2950 Yards - 1 hr 16 min - stress: 93