

Daily Workouts | Swim Without Limits, Inc.
Fri Feb 08 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up 0 m 0 min

2 x 150 2:45 [2:30] 0 m 0 min
2 x 100 2:00 [1:45] 300 m 5 min
6 x 50 1:15 [1:05] stroke 500 m 9 min
2 x 100 1:45 [1:30] 800 m 17 min

Kick set 1000 m 20 min

1 x 200 5:00 [4:30] 1000 m 20 min
1:00 [vertical kick] 1200 m 25 min
1 x 100 2:30 [2:15] 1200 m 26 min
1:00 [vertical kick] 1300 m 29 min
4 x 50 1:20 [1:15] fast 1300 m 30 min

Sprint set 1500 m 35 min

4 x 50 1:30 [1:20] sprint 1500 m 35 min
4 x 50 1:15 [1:10] sprint 1700 m 41 min
4 x 50 1:00 [:50] sprint 1900 m 46 min
1 x 50 2:00 [1:30] easy 2100 m 50 min
2150 m 52 min

1 x 50 best effort

2200 m 53 min

[All swims choice]

2200 m 53 min

Freestyle set

2200 m 53 min

2x

3 x 200 3:10 [3:00] neg split

1 x 200 3:30 [3:15] best effort

3800 m 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4000 Meters - 1 hr 23 min - stress: 145

#Black sets

Warm up

0 m 0 min

2 x 150 3:15 [3:00]

0 m 0 min

2 x 100 2:15 [2:00]

300 m 6 min

6 x 50 1:30 [1:15] stroke

500 m 11 min

2 x 100 2:15 [2:00]

800 m 20 min

Kick set

1000 m 24 min

1 x 200 5:30 [5:00]

1000 m 24 min

1 x 100 2:45 [2:30]

1200 m 30 min

2 x 50 1:30 [1:20] fast

1300 m 32 min

Sprint set

1400 m 35 min

4x 50 1:45 [1:30] sprint

1400 m 35 min

4 x 50 1:30 [1:15] sprint

1600 m 42 min

4 x 50 1:15 [1:00] sprint

1800 m 48 min

1 x 50 2:00 1:30 easy

2000 m 53 min

1 x 50 best effort

2050 m 55 min

[All swims choice]

2100 m 56 min

Freestyle set

2100 m 56 min

4 x 200 4:00 [3:45] neg split

2100 m 56 min

1 x 200 best effort

2900 m 1 hr 12 min

3100 m 1 hr 15 min

Warm down

4 x 50 1:00

#Black totals:

3300 Meters - 1 hr 19 min - stress: 122

#White sets

Warm up	0 m 0 min
2 x 150 4:00 [3:45]	0 m 0 min
2 x 100 2:45 [2:30]	300 m 8 min
4 x 50 1:45 [1:30] stroke	500 m 13 min
2 x 100 2:45 [2:30]	700 m 20 min
Kick set	900 m 26 min
1 x 200 5:45 [5:30]	900 m 26 min
1 x 100 3:00 [2:45]	1100 m 31 min
2 x 50 1:45 [1:30] fast	1200 m 34 min
Sprint set	1300 m 38 min
8 x 50 1:30 [1:20] alt 1 easy/ 3 sprint	1300 m 38 min
Freestyle set	1700 m 50 min
4 x 200 5:30 [5:00] neg split	1700 m 50 min
Warm down	2500 m 1 hr 12 min
4 x 50 1:00	

#White totals:

2700 Meters - 1 hr 16 min - stress: 90