

Daily Workouts | Swim Without Limits, Inc.

Fri Jan 11 '19 - 5:30 am 25 Yards

Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

6 x 100 1:45 0 yds 0 min

6 x 50 1:00 choice 600 yds 10 min

6 x 50 :50 desc 1-3/4-6 900 yds 16 min

Kick set 1200 yds 21 min

3x 1200 yds 21 min
1 x 150 3:30
1:00 [vertical kick]

Main set 1650 yds 35 min

2x 1650 yds 35 min
2 x 25 :45 1easy/1fast
2 x 50 1:00 1easy/1fast
2 x 75 1:30 1easy/1fast
2 x 100 2:00 1easy/1fast
[RD1 stroke, RD2 choice] 2650 yds 56 min

Freestyle set 2650 yds 56 min

2650 yds 56 min

1 x 400 6:00 long & strong

3050 yds 1 hr 2 min

1 x 200 3:00 neg split

3250 yds 1 hr 5 min

1 x 300 4:30 long & strong

3550 yds 1 hr 9 min

1 x 150 2:15 neg split

3700 yds 1 hr 11 min

1 x 200 3:00 long & strong

3900 yds 1 hr 14 min

1 x 100 1:30 neg split

4000 yds 1 hr 16 min

1 x 100 1:30 long & strong

4100 yds 1 hr 17 min

1 x 50 strong

4150 yds 1 hr 18 min

Warm down

4 x 50 1:00

#Gold totals:

4350 Yards - 1 hr 22 min - stress: 131

#Black sets

Warm up	0 yds 0 min
5 x 100 2:00	0 yds 0 min
5 x 50 1:15 choice	500 yds 10 min
5 x 50 1:00 desc 1-5	750 yds 16 min
Kick set	1000 yds 21 min
3x 1 x 100 2:30 1 x 50 1:20 fast	1000 yds 21 min
Main set	1450 yds 32 min
2x 2 x 25 :45 1easy/1fast 2 x 50 1:15 1easy/1fast 2 x 75 1:45 1easy/1fast 2 x 100 2:15 1easy/1fast [RD1 stroke, RD2 choice]	1450 yds 32 min
Freestyle set	2450 yds 56 min
1 x 300 6:00 long & strong	2450 yds 56 min
1 x 150 2:30 neg split	2750 yds 1 hr 2 min
	2900 yds 1 hr 5 min

1 x 200 4:00 long & strong

3100 yds 1 hr 9 min

1 x 100 2:00 neg split

3200 yds 1 hr 11 min

1 x 100 2:00 long & strong

3300 yds 1 hr 13 min

1 x 50 strong

3350 yds 1 hr 14 min

Warm down

4 x 50 1:00

#Black totals:

3550 Yards - 1 hr 18 min - stress: 108

#White sets

Warm up 0 yds 0 min

5 x 100 2:30 0 yds 0 min

5 x 50 1:30 choice 500 yds 12 min

5 x 50 1:15 desc 1-5 750 yds 20 min

Kick set 1000 yds 26 min

3x 1000 yds 26 min

1 x 100 2:45

1 x 50 1:30 fast

Main set 1450 yds 39 min

2x 1450 yds 39 min

2 x 25 :45 1easy/1fast

2 x 50 1:30 1easy/1fast

2 x 75 2:00 1easy/1fast

2 x 100 2:45 1easy/1fast

2450 yds 1 hr 7 min

[RD1 stroke, RD2 free]

2450 yds 1 hr 7 min

Freestyle set

2 x 150 3:45 last 50 strong 2450 yds 1 hr 7 min

2750 yds 1 hr 14 min

Warm down
4 x 50 1:00

#White totals:
2950 Yards - 1 hr 18 min - stress: 90