

Daily Workouts | Swim Without Limits, Inc.
Fri Jan 25 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up	0 m 0 min
2 x 200 3:45 [3:30]	0 m 0 min
8 x 50 1:15 [1:05] choice	400 m 7 min
3 x 100 1:45 [1:30]	800 m 17 min
8 x 50 1:20 [1:15] kick	1100 m 22 min
Main set	1500 m 33 min
9 x 100 2:15 [2:00] choice	1500 m 33 min
[#1/4 mod, #2/5 build, #3/6 strong]	2400 m 53 min
Freestyle set	2400 m 53 min
1 x 400 6:40 [6:00] long & strong	2400 m 53 min
4 x 100 1:40 [1:30] neg split	2800 m 1 hr 0 min
1 x 300 5:00 [4:30] long & strong	3200 m 1 hr 7 min
6 x 50 1:00 [:50] desc 1-3/4-6	3500 m 1 hr 12 min
Warm down	3800 m 1 hr 18 min
4 x 50 1:00	

#Gold totals:

4000 Meters - 1 hr 22 min - stress: 131

#Black sets

Warm up 0 m 0 min

2 x 200 4:15 [4:00] 0 m 0 min
6 x 50 1:30 [1:15] choice 400 m 8 min
3 x 100 2:15 [2:00] 700 m 17 min
6 x 50 1:30 [1:30] kick 1000 m 24 min

Main set 1300 m 33 min

6 x 100 2:30 [2:00] choice 1300 m 33 min
[#1/4 mod, #2/5 build, #3/6 strong] 1900 m 48 min

Freestyle set 1900 m 48 min

2x 1900 m 48 min
2 x 200 4:15 [4:00] long & strong
4 x 50 1:15 [1:00] strong

Warm down 3100 m 1 hr 15 min
4 x 50 1:00

#Black totals:
3300 Meters - 1 hr 19 min - stress: 108

#White sets

Warm up	0 m 0 min
2 x 200 5:30 [5:00]	0 m 0 min
4 x 50 1:45 [1:30] choice	400 m 11 min
3 x 100 2:45 [2:30]	600 m 18 min
6 x 50 1:45 [1:30] kick	900 m 26 min
Main set	1200 m 36 min
6 x 100 3:00 [2:45] alt 1 stroke/1 free	1200 m 36 min
Freestyle set	1800 m 54 min
1 x 300 8:30 [7:30] long & strong	1800 m 54 min
8 x 50 1:30 [1:15] desc 1-4/5-8	2100 m 1 hr 3 min
Warm down	2500 m 1 hr 15 min
4 x 50 1:00	

#White totals:
2700 Meters - 1 hr 19 min - stress: 89