

Daily Workouts | Swim Without Limits, Inc.

Fri Jun 14 '19 - 5:30 am 50 Meters

Default interval: 1:45 per 100

#Gold sets

Warm up 0 m 0 min

4 x 150 3:00 [2:30] 0 m 0 min

6 x 100 2:15 [2:00] 50stroke/50free 600 m 12 min

Kick set 1200 m 25 min

4 x 100 2:30 [2:15] 50 fast/50 easy 1200 m 25 min

IM/stroke set 1600 m 35 min

4x 1600 m 35 min
1 x 50 1:15 [1:15] mod
1 x 100 2:00 [1:45] strong
1 x 50 1:15 [1:15] easy

[RD1 fly, RD2 back, RD3 brst, RD4 free] 2400 m 53 min

Free/pull set 2400 m 53 min

2 x 200 3:20 [3:00] long & strong 2400 m 53 min

4 x 50 1:00 [1:00] fast 2800 m 1 hr 0 min

2 x 150 2:30 [2:15] last 50 strong 3000 m 1 hr 4 min

3300 m 1 hr 9 min

4 x 50 :50 [:50] fast

3500 m 1 hr 12 min

2 x 100 1:40 [1:30] desc

3700 m 1 hr 15 min

4 x 50 :45 [:40] fast

3900 m 1 hr 18 min

Warm down

4 x 50 1:00

#Gold totals:

4100 Meters - 1 hr 22 min - stress: 132

#Black sets

Warm up	0 m 0 min
4 x 100 2:15 [2:00]	0 m 0 min
6 x 100 2:15 [2:00] 50stroke/50free	400 m 9 min
Kick set	1000 m 22 min
3 x 100 2:45 [2:30] 50 fast/50 easy	1000 m 22 min
IM/stroke set	1300 m 30 min
4x 1 x 50 1:30 [1:15] mod 1 x 100 2:15 [2:00] strong 1 x 50 1:30 [1:15] easy	1300 m 30 min
[RD1 fly, RD2 back, RD3 brst, RD4 free]	2100 m 51 min
Free/pull set	2100 m 51 min
2 x 200 4:15 [4:00] long & strong	2100 m 51 min
2 x 50 1:15 [1:00] fast	2500 m 1 hr 0 min
2 x 150 3:15 [3:00] last 50 strong	2600 m 1 hr 2 min
2 x 50 1:00 [1:00] fast	2900 m 1 hr 9 min
2 x 100 2:15 [2:00] desc	3000 m 1 hr 11 min

2 x 50 1:15 [1:00] fast

3200 m 1 hr 15 min

Warm down
4 x 50 1:00

3300 m 1 hr 18 min

#Black totals:
3500 Meters - 1 hr 22 min - stress: 110

#White sets

Warm up	0 m 0 min
4 x 100 2:45 [2:15]	0 m 0 min
6 x 100 3:00 [2:30] 50stroke/50free	400 m 11 min
Kick set	1000 m 29 min
2 x 100 3:00 [2:45] 50 fast/50 easy	1000 m 29 min
IM/stroke set	1200 m 35 min
4x 1 x 50 1:45 [1:30] mod 1 x 100 2:45 [2:30] strong 1 x 50 1:45 [1:30] easy	1200 m 35 min
[RD1/2 stroke, RD3/4 free]	2000 m 1 hr 0 min
Free/pull set	2000 m 1 hr 0 min
1 x 200 5:00 [4:30] long & strong	2000 m 1 hr 0 min
2 x 50 1:30 [1:15] fast	2200 m 1 hr 5 min
2 x 100 2:45 [2:15] desc	2300 m 1 hr 8 min
2 x 50 1:30 [1:15] fast	2500 m 1 hr 13 min

2600 m 1 hr 16 min

Warm down
4 x 50 1:00

#White totals:
2800 Meters - 1 hr 20 min - stress: 86