

Daily Workouts | Swim Without Limits, Inc.
Fri May 10 '19 - 5:30 am 25 Yards
Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

2 x 200 3:15 0 yds 0 min
12 x 25 :40 IM order 3 of each 400 yds 6 min
4 x 100 1:30 700 yds 14 min

Kick set 1100 yds 20 min

2x 1100 yds 20 min
1 x 100 2:15
1:00 [vertical kick]
4 x 25 :45 desc 1-4

Freestyle/pull set 1500 yds 33 min

2x 1500 yds 33 min
3 x 200 3:00 long & strong
3 x 100 1:30 neg split
3 x 50 :45 desc 1-3

Stroke set 3600 yds 1 hr 4 min

4x 3600 yds 1 hr 4 min
2 x 25 :40 drill

2 x 25 :40 perfect stroke
1 x 50 1:10 strong

4200 yds 1 hr 19 min

[RD1 best stroke, RD2 brst, RD3 back, RD4 fly]

4200 yds 1 hr 19 min

[Fly drill: 3 strokes right, 3 left, 3 both]

4200 yds 1 hr 19 min

[Back drill: right arm x 25, left arm x 25]

4200 yds 1 hr 19 min

[Brst drill: brst arms w/flutter kick or 2 kicks]

4200 yds 1 hr 19 min

[Free drill: right arm x 25, left arm x 25]

4200 yds 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4400 Yards - 1 hr 23 min - stress: 132

#Black sets

Warm up	0 yds 0 min
2 x 200 4:00	0 yds 0 min
8 x 25 :45 IM order 2 of each	400 yds 8 min
4 x 100 2:00	600 yds 14 min
Kick set	1000 yds 22 min
2x 2 x 100 2:30 4 x 25 :45 desc 1-4	1000 yds 22 min
Freestyle/pull set	1600 yds 38 min
3 x 200 4:00 long & strong	1600 yds 38 min
3 x 100 2:00 neg split	2200 yds 50 min
3 x 50 1:00 desc 1-3	2500 yds 56 min
Stroke set	2650 yds 59 min
4x 2 x 25 :45 drill 2 x 25 :45 perfect stroke 1 x 50 1:15 strong	2650 yds 59 min
[RD1 best stroke, RD2 brst, RD3 back, RD4 fly]	3250 yds 1 hr 16 min

[Fly drill: 3 strokes right, 3 left, 3 both]

3250 yds 1 hr 16 min

[Back drill: right arm x 25, left arm x 25]

3250 yds 1 hr 16 min

[Brst drill: brst arms w/flutter kick or 2 kicks]

3250 yds 1 hr 16 min

[Free drill: right arm x 25, left arm x 25]

3250 yds 1 hr 16 min

3250 yds 1 hr 16 min

Warm down

4 x 50 1:00

#Black totals:

3450 Yards - 1 hr 20 min - stress: 104

#White sets

Warm up	0 yds 0 min
2 x 200 5:00	0 yds 0 min
8 x 25 :45 stroke	400 yds 10 min
4 x 100 2:30	600 yds 16 min
Kick set	1000 yds 26 min
2x	1000 yds 26 min
1 x 100 2:45	
6 x 25 :45 desc 1-3/4-6	
Freestyle/pull set	1500 yds 40 min
1 x 200 5:00 long & strong	1500 yds 40 min
2 x 100 2:30 neg split	1700 yds 45 min
4 x 50 1:15 desc 1-4	1900 yds 50 min
Stroke set	2100 yds 55 min
4x	2100 yds 55 min
2 x 25 1:00 drill	
2 x 25 :45 perfect stroke	
1 x 50 1:30 strong	
	2700 yds 1 hr 15 min

[RD1 stroke, RD2 free, RD3 stroke, RD4 free]

2700 yds 1 hr 15 min

[Fly drill: 3 strokes right, 3 left, 3 both]

2700 yds 1 hr 15 min

[Back drill: right arm x 25, left arm x 25]

2700 yds 1 hr 15 min

[Brst drill: brst arms w/flutter kick or 2 kicks]

2700 yds 1 hr 15 min

[Free drill: right arm x 25, left arm x 25]

2700 yds 1 hr 15 min

Warm down

4 x 50 1:00

#White totals:

2900 Yards - 1 hr 19 min - stress: 87