

Daily Workouts | Swim Without Limits, Inc.
Mon Mar 04 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up	0 m 0 min
2 x 200 3:30 [3:15]	0 m 0 min
3 x 100 1:45 [1:30]	400 m 7 min
4 x 50 1:15 [1:00] choice	700 m 12 min
4 x 50 1:15 [1:15] kick	900 m 17 min
Main set	1100 m 22 min
3x 3 x 100 2:00 [1:45]	1100 m 22 min
[#1 free, #2 stroke, #3 IM]	2000 m 40 min
[Descend by rounds]	2000 m 40 min
Kick set	2000 m 40 min
3x 1:00 [vertical kick] 1 x 100 swim w/good kick	2000 m 40 min
Freestyle set	2300 m 48 min
4 x 100 1:40 [1:30] desc 1-4	2300 m 48 min
	2700 m 55 min

3 x 200 3:20 [3:00] neg split

3300 m 1 hr 5 min

2 x 300 5:00 [4:30] strong & consistent

3900 m 1 hr 15 min

Warm down

4 x 50 1:00

#Gold totals:

4100 Meters - 1 hr 19 min - stress: 135

#Black sets

Warm up	0 m 0 min
2 x 200 4:15 [4:00]	0 m 0 min
3 x 100 2:15 [2:00]	400 m 8 min
4 x 50 1:30 [1:15] choice	700 m 15 min
6 x 50 1:30 [1:20] kick	900 m 21 min
Main set	1200 m 30 min
3x 3 x 100 2:30 [2:15]	1200 m 30 min
[#1 free, #2 stroke, #3 IM]	2100 m 52 min
[Descend by rounds]	2100 m 52 min
Kick set	2100 m 52 min
Freestyle set	2100 m 52 min
4 x 100 2:15 [2:00] desc 1-4	2100 m 52 min
3 x 200 4:30 [4:00] neg split	2500 m 1 hr 1 min
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 150 4:15 [3:45]	0 m 0 min
2 x 100 2:45 [2:30]	300 m 8 min
4 x 50 1:45 [1:30] choice	500 m 14 min
6 x 50 1:45 [1:30] kick	700 m 21 min
Main set	1000 m 31 min
3x 2 x 100 3:00 [2:45]	1000 m 31 min
[#1 free, #2 stroke]	1600 m 49 min
[Descend by rounds]	1600 m 49 min
Kick set	1600 m 49 min
Freestyle set	1600 m 49 min
4 x 100 2:45 [2:30] desc 1-4	1600 m 49 min
3 x 200 5:15 [5:00] neg split	2000 m 1 hr 0 min
Warm down 4 x 50 1:00	2600 m 1 hr 16 min

#White totals:

2800 Meters - 1 hr 20 min - stress: 92