

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

#Gold sets

Warm up	0 yds 0 min
5 x 100 1:45	0 yds 0 min
4 x 75 1:30 IM/stroke	500 yds 8 min
4 x 50 :50 desc 1-4	800 yds 14 min
Kick set	1000 yds 18 min
1 x 400 8:30 Alt. 25mod/25fast	1000 yds 18 min
Main set	1400 yds 26 min
4x 1 x 75 1:45 easy 1 x 50 1:00 fast 1 x 50 1:00 easy 1 x 75 1:45 fast [RD1 fly, RD2 back, RD3 brst, RD4 choice]	1400 yds 26 min 2400 yds 48 min
Freestyle/pull set	2400 yds 48 min
4x 1 x 250 3:30 long & strong	2400 yds 48 min

5 x 50 :50 desc 1-5

4400 yds 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4600 Yards - 1 hr 23 min - stress: 133

#Black sets

Warm up 0 yds 0 min

5 x 100 2:00 0 yds 0 min

4 x 75 1:45 IM/stroke 500 yds 10 min

4 x 50 1:00 desc 1-4 800 yds 17 min

Kick set 1000 yds 21 min

1 x 400 9:30 Alt. 25mod/25fast 1000 yds 21 min

Main set 1400 yds 30 min

4x 1400 yds 30 min

1 x 75 2:15 easy

1 x 50 1:15 fast

1 x 50 1:15 easy

1 x 75 2:15 fast

2400 yds 58 min

[RD1 fly, RD2 back, RD3 brst, RD4 choice]

Freestyle/pull set 2400 yds 58 min

2x 2400 yds 58 min

1 x 250 5:00 long & strong

5 x 50 1:00 desc 1-5

3400 yds 1 hr 18 min

Warm down
4 x 50 1:00

#Black totals:
3600 Yards - 1 hr 22 min - stress: 103

#White sets

Warm up 0 yds 0 min

5 x 100 2:30 0 yds 0 min

4 x 75 2:00 stroke 500 yds 12 min

4 x 50 1:15 desc 1-4 800 yds 20 min

Kick set 1000 yds 25 min

1 x 400 10:30 Alt. 25mod/25fast 1000 yds 25 min

Main set 1400 yds 36 min

3x 1400 yds 36 min

1 x 75 2:45 easy

1 x 50 1:30 fast

1 x 50 1:30 easy

1 x 75 2:45 fast

[RD1 stroke, RD2 free, RD3 choice] 2150 yds 1 hr 1 min

Freestyle/pull set 2150 yds 1 hr 1 min

1 x 250 6:00 long & strong 2150 yds 1 hr 1 min

5 x 50 1:15 desc 1-5 2400 yds 1 hr 7 min

2650 yds 1 hr 13 min

Warm down
4 x 50 1:00

#White totals:
2850 Yards - 1 hr 17 min - stress: 82