

Daily Workouts | Swim Without Limits, Inc.
Thu Feb 07 '19 - 5:30 am 25 Yards
Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

1 x 200 3:15	0 yds 0 min
2 x 100 1:45	200 yds 3 min
4 x 50 1:05 stroke	400 yds 6 min
2 x 100 1:30	600 yds 11 min
1 x 200 3:00	800 yds 14 min

Kick set 1000 yds 17 min

1 x 100 2:15	1000 yds 17 min
1:00 [vertical kick]	1100 yds 19 min
2 x 50 1:15	1100 yds 20 min
1:00 [vertical kick]	1200 yds 22 min
4 x 25 :45 fast	1200 yds 23 min

Stroke set 1300 yds 26 min

4x	1300 yds 26 min
1 x 25 :45	
1 x 125 2:15 IM	
[25s: RD1 fly, RD2 back, RD3 brst, RD4 free]	1900 yds 38 min

1900 yds 38 min

Sprint set

1900 yds 38 min

3x

1 x 25 :45 easy

1 x 50 1:15 fast

1 x 25 :45 easy

1 x 100 2:00 fast

2500 yds 53 min

[RD1 stroke, RD2/3 choice]

2500 yds 53 min

Freestyle set

2500 yds 53 min

2x

4 x 100 1:30

4 x 75 1:05

4 x 50 :50

4300 yds 1 hr 20 min

[Desc each group 1-4]

4300 yds 1 hr 20 min

Warm down

4 x 50 1:00

#Gold totals:

4500 Yards - 1 hr 24 min - stress: 138

#Black sets

Warm up 0 yds 0 min

1 x 200 4:00 0 yds 0 min

2 x 100 2:00 200 yds 4 min

3 x 50 1:15 stroke 400 yds 8 min

2 x 100 2:00 550 yds 11 min

1 x 200 4:00 750 yds 15 min

Kick set 950 yds 19 min

2x 950 yds 19 min
2 x 50 1:20
4 x 25 :45 fast

Stroke set 1350 yds 31 min

3x 1350 yds 31 min
2 x 25 :45
1 x 100 2:15 stroke/IM
[25s: RD1 fly, RD2 back, RD3 brst] 1800 yds 42 min

Sprint set 1800 yds 42 min

3x 1800 yds 42 min
1 x 25 :45 easy

1 x 50 1:30 fast
1 x 25 :45 easy
1 x 100 2:30 fast

2400 yds 58 min

[RD1 stroke, RD2/3 choice]

2400 yds 58 min

Freestyle set

2400 yds 58 min

4 x 100 2:00

2800 yds 1 hr 6 min

4 x 75 1:30

3100 yds 1 hr 12 min

4 x 50 1:00

3300 yds 1 hr 16 min

[Desc each group 1-4]

3300 yds 1 hr 16 min

Warm down

4 x 50 1:00

#Black totals:

3500 Yards - 1 hr 20 min - stress: 109

#White sets

Warm up	0 yds 0 min
1 x 200 5:00	0 yds 0 min
2 x 100 2:30	200 yds 5 min
3 x 50 1:30 stroke	400 yds 10 min
2 x 100 2:30	550 yds 14 min
1 x 200 5:00	750 yds 19 min
Kick set	950 yds 24 min
2x 2 x 50 1:30 4 x 25 :45 fast	950 yds 24 min
Stroke set	1350 yds 36 min
3x 2 x 25 :45 stroke 1 x 100 2:30 free	1350 yds 36 min
Sprint set	1800 yds 48 min
Freestyle set	1800 yds 48 min

4 x 100 2:30

1800 yds 48 min

4 x 75 1:45

2200 yds 58 min

4 x 50 1:15

2500 yds 1 hr 5 min

[Desc each group 1-4]

2700 yds 1 hr 10 min

2700 yds 1 hr 10 min

Warm down

4 x 50 1:00

#White totals:

2900 Yards - 1 hr 14 min - stress: 89