

Daily Workouts | Swim Without Limits, Inc.
Thu Feb 21 '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 150 2:30	200 yds 3 min
4 x 75 1:30 IM/stroke	500 yds 8 min
8 x 25 :30 strong	800 yds 14 min
Kick set	1000 yds 18 min
4x	1000 yds 18 min
1 x 100 2:15 mod	
2 x 25 :45 fast	
Sprint set	1600 yds 33 min
2 x 75 1:30	1600 yds 33 min
2 x 75 1:20	1750 yds 36 min
2 x 75 1:10	1900 yds 38 min
1 x 50 1:15 easy	2050 yds 41 min
3 x 50 1:15	2100 yds 42 min
3 x 50 1:00	2250 yds 46 min
3 x 50 :45	2400 yds 49 min
	2550 yds 51 min

1 x 50 1:15 easy

2600 yds 52 min

4 x 25 :40

2700 yds 55 min

4 x 25 :30

2800 yds 57 min

4 x 25 :20

2900 yds 58 min

[All swims fast and choice]

2900 yds 58 min

Freestyle set

2900 yds 58 min

2 x 200 3:00 neg split

3300 yds 1 hr 4 min

4 x 100 1:30 desc 1-4

3700 yds 1 hr 10 min

2 x 150 2:15 last 50 strong

4000 yds 1 hr 15 min

4 x 75 1:05 all strong

4300 yds 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4500 Yards - 1 hr 23 min - stress: 131

#Black sets

Warm up

0 yds 0 min

1 x 200 4:00

0 yds 0 min

2 x 150 3:00

200 yds 4 min

4 x 75 1:45 IM/stroke

500 yds 10 min

8 x 25 :45 strong

800 yds 17 min

Kick set

1000 yds 23 min

3x

1 x 100 2:30 mod

2 x 25 :45 fast

1000 yds 23 min

Sprint set

1450 yds 35 min

2 x 75 1:45

1450 yds 35 min

2 x 75 1:30

1600 yds 38 min

1 x 50 1:15 easy

1750 yds 41 min

3 x 50 1:15

1800 yds 42 min

3 x 50 1:00

1950 yds 46 min

1 x 50 1:15 easy

2100 yds 49 min

4 x 25 :45

2150 yds 50 min

4 x 25 :30

2250 yds 53 min

[All swims fast and choice]

2350 yds 55 min

2350 yds 55 min

Freestyle set

2350 yds 55 min

2 x 200 4:00 neg split

2750 yds 1 hr 3 min

4 x 100 2:00 desc 1-4

3150 yds 1 hr 11 min

Warm down

4 x 50 1:00

#Black totals:

3350 Yards - 1 hr 15 min - stress: 97

#White sets

Warm up 0 yds 0 min

1 x 200 5:00	0 yds 0 min
2 x 150 3:45	200 yds 5 min
4 x 50 1:30 stroke	500 yds 12 min
8 x 25 :45 strong	700 yds 18 min

Kick set 900 yds 24 min

3x	900 yds 24 min
1 x 100 2:45 mod	
2 x 25 :45 fast	

Sprint set 1350 yds 37 min

2 x 75 2:15 stroke 1fast/1easy	1350 yds 37 min
2 x 75 2:00 free 1fast/1easy	1500 yds 41 min
3 x 50 1:30 stroke 2fast/1easy	1650 yds 45 min
3 x 50 1:15 free 2fast/1easy	1800 yds 50 min
4 x 25 :45 stroke 3fast/1easy	1950 yds 54 min
4 x 25 :45 free 3fast/1easy	2050 yds 57 min

Freestyle set 2150 yds 1 hr 0 min

2 x 150 3:45 last 50 strong

2150 yds 1 hr 0 min

4 x 75 1:45 all strong

2450 yds 1 hr 7 min

Warm down

4 x 50 1:00

2750 yds 1 hr 14 min

#White totals:

2950 Yards - 1 hr 18 min - stress: 87