

Daily Workouts | Swim Without Limits, Inc.
Thu Jan 17 '19 - 5:30 am 25 Yards
Default interval: 1:30 per 100

#Gold sets

Warm up	0 yds 0 min
4 x 150 2:30	0 yds 0 min
4 x 50 1:15 stroke	600 yds 10 min
4 x 100 1:30	800 yds 15 min
Kick set	1200 yds 21 min
4x 1 x 75 1:45 3 x 25 :45 fast	1200 yds 21 min
Sprint set	1800 yds 37 min
4x 1 x 75 1:30 easy 1 x 50 1:05 fast 1 x 50 1:05 easy 1 x 75 1:30 fast	1800 yds 37 min
[RD1/3 stroke, RD2/4 choice]	2800 yds 57 min
Freestyle set	2800 yds 57 min
	2800 yds 57 min

4 x 150 2:15 neg split

3400 yds 1 hr 6 min

4 x 75 1:05 last 25 strong

3700 yds 1 hr 11 min

4 x 100 1:30 desc 1-4

4100 yds 1 hr 17 min

4 x 50 :40 strong

4300 yds 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4500 Yards - 1 hr 23 min - stress: 133

#Black sets

Warm up 0 yds 0 min

4 x 150 3:00 0 yds 0 min

4 x 50 1:30 stroke 600 yds 12 min

4 x 100 2:00 800 yds 18 min

Kick set 1200 yds 26 min

3x 1200 yds 26 min

1 x 75 2:00

3 x 25 :45 fast

Sprint set 1650 yds 38 min

4x 1650 yds 38 min

1 x 75 1:45 easy

1 x 50 1:15 fast

1 x 50 1:15 easy

1 x 75 1:45 fast

[RD1/3 stroke, RD2/4 choice] 2650 yds 1 hr 2 min

Freestyle set 2650 yds 1 hr 2 min

2 x 150 3:00 neg split 2650 yds 1 hr 2 min

4 x 75 1:30 last 25 strong 2950 yds 1 hr 8 min

3250 yds 1 hr 14 min

Warm down
4 x 50 1:00

#Black totals:
3450 Yards - 1 hr 18 min - stress: 101

#White sets

Warm up	0 yds 0 min
4 x 150 3:45	0 yds 0 min
4 x 50 1:30 stroke	600 yds 15 min
4 x 100 2:30	800 yds 21 min
Kick set	1200 yds 31 min
3x 1 x 75 2:15 3 x 25 :45 fast	1200 yds 31 min
Sprint set	1650 yds 44 min
2x 1 x 75 2:15 easy 1 x 50 1:30 fast 1 x 50 1:30 easy 1 x 75 2:15 fast [RD1 stroke, RD2 free]	1650 yds 44 min
Freestyle set	2150 yds 59 min
4 x 150 3:45 neg split	2150 yds 59 min

2750 yds 1 hr 14 min

Warm down
4 x 50 1:00

#White totals:
2950 Yards - 1 hr 18 min - stress: 88