

Daily Workouts | Swim Without Limits, Inc.
Thu Jun 13 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up 0 m 0 min

3 x 100 2:00 [1:45] 0 m 0 min
6 x 50 1:15 [1:15] Alt 1 fist drill/1 swim 300 m 6 min
3 x 100 1:45 [1:30] 600 m 13 min
6 x 50 1:15 [1:15] stroke 2 of each 900 m 18 min

Sprint set 1200 m 26 min

4x 1200 m 26 min
1 x 50 1:15 [1:15] easy
1 x 50 1:15 [1:15] fast
[RD1/3 free, RD2/4 stroke] 1600 m 36 min

Kick/IM/stroke set 1600 m 36 min

3x 1600 m 36 min
1 x 150 3:45 [3:30] kick
1 x 100 2:15 [2:00] IM
1 x 50 1:15 [1:15] stroke choice

Free/pull set 2500 m 58 min

2500 m 58 min

9 x 100 1:40 [1:30] Desc 1-3, 4-6, 7-9

3400 m 1 hr 13 min

9 x 50 :50 [:45] Desc 1-3, 4-6, 7-9

3850 m 1 hr 20 min

Warm down

3850 m 1 hr 20 min

3 x 50 1:00

#Gold totals:

4000 Meters - 1 hr 23 min - stress: 129

#Black sets

Warm up	0 m 0 min
3 x 100 2:15 [2:00]	0 m 0 min
4 x 50 1:30 [1:15] Alt 1 fist drill/1 swim	300 m 6 min
3 x 100 2:15 [2:00]	500 m 12 min
4 x 50 1:30 [1:15] stroke	800 m 19 min
Sprint set	1000 m 25 min
4x 1 x 50 1:30 [1:15] easy 1 x 50 1:30 [1:15] fast [RD1/3 free, RD2/4 stroke]	1000 m 25 min 1400 m 37 min
Kick/IM/stroke set	1400 m 37 min
3x 1 x 150 4:00 [3:45] kick 1 x 100 2:30 [2:15] IM 1 x 50 1:30 [1:15] stroke choice	1400 m 37 min
Free/pull set	2300 m 1 hr 1 min
6 x 100 2:15 [2:00] Desc 1-3, 4-6	2300 m 1 hr 1 min
6 x 50 1:00 [1:00] Desc 1-3, 4-6	2900 m 1 hr 15 min

3200 m 1 hr 21 min

Warm down

3200 m 1 hr 21 min

4 x 50 1:00

#Black totals:

3400 Meters - 1 hr 25 min - stress: 109

#White sets

Warm up	0 m 0 min
3 x 100 2:45 [2:15]	0 m 0 min
4 x 50 1:45 [1:30] Alt 1 fist drill/1 swim	300 m 8 min
3 x 100 2:45 [2:15]	500 m 15 min
4 x 50 1:45 [1:30] stroke	800 m 23 min
Sprint set	1000 m 30 min
3x	1000 m 30 min
1 x 50 1:45 [1:30] easy	
1 x 50 1:45 [1:30] fast	
[RD1/3 stroke, RD2 free]	1300 m 41 min
Kick/IM/stroke set	1300 m 41 min
2x	1300 m 41 min
1 x 150 4:30 [4:00] kick	
1 x 100 2:45 [2:30] stroke	
1 x 50 1:30 [1:15] free	
Free/pull set	1900 m 58 min
5 x 100 2:45 [2:15]	1900 m 58 min
	2400 m 1 hr 12 min

6 x 50 1:30 [1:15]

2700 m 1 hr 21 min

Warm down

4 x 50 1:00

2700 m 1 hr 21 min

#White totals:

2900 Meters - 1 hr 25 min - stress: 94