

Daily Workouts | Swim Without Limits, Inc.
Thu May 30 '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
4 x 100 1:45 50firstdrill/50swim 200 yds 3 min
4 x 100 2:15 kick 600 yds 10 min
8 x 25 :40 choice 1000 yds 19 min

Stroke set 1200 yds 24 min

4x 1200 yds 24 min
3 x 25 :40 drill IM order
3 x 25 :40 swim IM order
1 x 75 1:30 IM
[RD1 fly, RD2 back, RD3 brst, RD4 choice] 2100 yds 46 min
[Fly drill: fly arms w/flutter kick] 2100 yds 46 min
[Back drill: 25 right arm only, 25 left arm only] 2100 yds 46 min
[Brst drill: 2 kicks, 1 pull breathing only on pull] 2100 yds 46 min
[Free drill: Fist drill] 2100 yds 46 min

Sprint set 2100 yds 46 min

4x 2100 yds 46 min
1 x 25 :30 easy
1 x 50 1:15 fast

[All swims are choice]

2400 yds 53 min

Free/pull set

2400 yds 53 min

6 x 75 1:10

2400 yds 53 min

6 x 75 1:05

2850 yds 1 hr 0 min

6 x 75 1:00

3300 yds 1 hr 7 min

6 x 75 :55

3750 yds 1 hr 13 min

Warm down

4200 yds 1 hr 18 min

4 x 50 1:00

#Gold totals:

4400 Yards - 1 hr 22 min - stress: 132

#Black sets

Warm up 0 yds 0 min

1 x 200 4:00 0 yds 0 min
4 x 100 2:00 50fistdrill/50swim 200 yds 4 min
4 x 100 2:30 kick 600 yds 12 min
8 x 25 :45 choice 1000 yds 22 min

Stroke set 1200 yds 28 min

4x 1200 yds 28 min
3 x 25 :45 drill IM order
3 x 25 :45 swim IM order
1 x 75 1:45 IM
[RD1 fly, RD2 back, RD3 brst, RD4 choice] 2100 yds 53 min
[Fly drill: fly arms w/flutter kick] 2100 yds 53 min
[Back drill: 25 right arm only, 25 left arm only] 2100 yds 53 min
[Brst drill: 2 kicks, 1 pull breathing only on pull] 2100 yds 53 min
[Free drill: Fist drill] 2100 yds 53 min

Sprint set 2100 yds 53 min

4x 2100 yds 53 min
1 x 25 :45 easy
1 x 50 1:15 fast
[All swims are choice] 2400 yds 1 hr 1 min

Free/pull set	2400 yds 1 hr 1 min
4 x 75 1:30	2400 yds 1 hr 1 min
4 x 75 1:25	2700 yds 1 hr 7 min
4 x 75 1:20	3000 yds 1 hr 12 min
Warm down	3300 yds 1 hr 18 min
4 x 50 1:00	

#Black totals:
3500 Yards - 1 hr 22 min - stress: 105

#White sets

Warm up	0 yds 0 min
1 x 200 5:00	0 yds 0 min
3 x 100 2:30 50fistdrill/50swim	200 yds 5 min
3 x 100 2:45 kick	500 yds 12 min
8 x 25 :45 choice	800 yds 20 min
Stroke set	1000 yds 26 min
3x 2 x 25 1:00 stroke drill 2 x 50 1:30 stroke 2 x 25 :45 free drill 2 x 50 1:15 free	1000 yds 26 min
[Fly drill: fly arms w/flutter kick]	1900 yds 53 min
[Back drill: 25 right arm only, 25 left arm only]	1900 yds 53 min
[Brst drill: 2 kicks, 1 pull breathing only on pull]	1900 yds 53 min
[Free drill: Fist drill]	1900 yds 53 min
Sprint set	1900 yds 53 min
Free/pull set	1900 yds 53 min
10 x 75 2:00 last 25 strong	1900 yds 53 min

2650 yds 1 hr 13 min

Warm down
4 x 50 1:00

#White totals:

2850 Yards - 1 hr 17 min - stress: 86