

Daily Workouts | Swim Without Limits, Inc.

Tue Apr 02 '19 - 5:30 am 25 Yards

Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

3 x 100 1:45 0 yds 0 min

4 x 75 1:30 IM/stroke 300 yds 5 min

4 x 50 1:00 choice 600 yds 11 min

3 x 100 1:30 800 yds 15 min

Kick set 1100 yds 19 min

8 x 75 1:40 last 25 fast 1100 yds 19 min

Sprint set 1700 yds 33 min

4 x 25 :45 build to race finish

4 x 25 :45 sprint 12.5 then easy

4 x 25 :45 sprint 25

rest 1:00

3 x 100 3:00 fast, break 10 seconds at 50

Freestyle/pull set 2300 yds 52 min

2x 2300 yds 52 min

2 x 100 1:30 long & strong

2 x 150 2:05 last 50 strong

2 x 200 2:50 neg split

4100 yds 1 hr 17 min

Warm down
4 x 50 1:00

#Gold totals:

4300 Yards - 1 hr 21 min - stress: 140

#Black sets

Warm up	0 yds 0 min
3 x 100 2:00	0 yds 0 min
4 x 75 1:45 IM/stroke	300 yds 6 min
4 x 50 1:00 choice	600 yds 13 min
3 x 100 2:00	800 yds 17 min
Kick set	1100 yds 23 min
8 x 75 1:50 last 25 fast	1100 yds 23 min
Sprint set	1700 yds 37 min
4 x 25 :45 build to race finish	
4 x 25 :45 sprint 12.5 then easy	
4 x 25 :45 sprint 25	
rest 1:00	
3 x 100 3:00 fast, break 10 seconds at 50	
Freestyle/pull set	2300 yds 56 min
2 x 100 2:00 long & strong	2300 yds 56 min
2 x 150 3:00 last 50 strong	2500 yds 1 hr 0 min
2 x 200 4:00 neg split	2800 yds 1 hr 6 min
Warm down	3200 yds 1 hr 14 min
4 x 50 1:00	

#Black totals:

3400 Yards - 1 hr 18 min - stress: 113

#White sets

Warm up	0 yds 0 min
3 x 100 2:30	0 yds 0 min
4 x 75 2:00 stroke	300 yds 7 min
4 x 50 1:15 choice	600 yds 15 min
3 x 100 2:30	800 yds 20 min
Kick set	1100 yds 28 min
6 x 75 2:00 last 25 fast	1100 yds 28 min
Sprint set	1550 yds 40 min
4 x 25 :45 build to race finish	
4 x 25 :45 sprint 12.5 then easy	
4 x 25 :45 sprint 25	
rest 1:00	
3 x 100 3:00 fast, break 10 seconds at 50	
Freestyle/pull set	2150 yds 59 min
2 x 100 2:30 long & strong	2150 yds 59 min
2 x 200 5:00 neg split	2350 yds 1 hr 4 min
Warm down	2750 yds 1 hr 14 min
4 x 50 1:00	

#White totals:

2950 Yards - 1 hr 18 min - stress: 98