

Daily Workouts | Swim Without Limits, Inc.

Tue Jan 29 '19 - 5:30 am 25 Yards

Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

2x 0 yds 0 min
2 x 100 1:45
4 x 50 1:00 choice
8 x 25 :30 strong

Kick set 1200 yds 23 min

2x 1200 yds 23 min
1 x 100 2:15
2 x 50 1:15 build
4 x 25 :45 fast

Main set 1800 yds 38 min

2x 1800 yds 38 min
1 x 100 2:00 perfect stroke
1 x 100 2:00 fast
1 x 75 1:30 perfect stroke
1 x 75 1:30 fast
1 x 50 1:00 perfect stroke
1 x 50 1:00 fast

[RD1 stroke/IM, RD2 choice] 2700 yds 56 min

Freestyle set 2700 yds 56 min

4 x 75 1:15 desc 1-4	2700 yds 56 min
2 x 150 2:15 neg split	3000 yds 1 hr 1 min
1 x 300 4:30 long & strong	3300 yds 1 hr 6 min
2 x 150 2:05 neg split	3600 yds 1 hr 10 min
4 x 75 1:05 desc 1-4	3900 yds 1 hr 14 min

Warm down	4200 yds 1 hr 19 min
4 x 50 1:00	

#Gold totals:
4400 Yards - 1 hr 23 min - stress: 139

#Black sets

Warm up	0 yds 0 min
2x 2 x 100 2:00 4 x 50 1:15 choice 4 x 25 :45 strong	0 yds 0 min
Kick set	1000 yds 24 min
2x 1 x 100 2:30 2 x 50 1:20 fast	1000 yds 24 min
Main set	1400 yds 34 min
2x 1 x 100 2:15 perfect stroke 1 x 100 2:15 fast 1 x 75 1:45 perfect stroke 1 x 75 1:45 fast 1 x 50 1:15 perfect stroke 1 x 50 1:15 fast	1400 yds 34 min
Freestyle set	2300 yds 55 min
1 x 300 6:00 long & strong	2300 yds 55 min
2 x 150 3:00 neg split	2600 yds 1 hr 1 min
	2900 yds 1 hr 7 min

4 x 75 1:30 desc 1-4

3200 yds 1 hr 13 min

Warm down

4 x 50 1:00

#Black totals:

3400 Yards - 1 hr 17 min - stress: 109

#White sets

Warm up 0 yds 0 min

2x 0 yds 0 min
2 x 100 2:30
4 x 50 1:30 choice
4 x 25 :45 strong

Kick set 1000 yds 28 min

2x 1000 yds 28 min
1 x 100 2:45
2 x 50 1:30 fast

Main set 1400 yds 39 min

2x 1400 yds 39 min
1 x 100 2:45 perfect stroke
1 x 100 2:45 fast
1 x 50 1:30 perfect stroke
1 x 50 1:30 fast

[RD1 stroke, RD2 choice] 2000 yds 56 min

Freestyle set 2000 yds 56 min

1 x 300 7:30 long & strong 2000 yds 56 min

2 x 150 3:45 neg split 2300 yds 1 hr 4 min

2600 yds 1 hr 11 min

Warm down
4 x 50 1:00

#White totals:
2800 Yards - 1 hr 15 min - stress: 89