

Daily Workouts | Swim Without Limits, Inc.  
Tue Mar 26 '19 - 5:30 am 25 Yards  
Default interval: 1:30 per 100

---

**#Gold sets**

Warm up	0 yds 0 min
4 x 100 1:45	0 yds 0 min
4 x 100 1:45 IM/stroke	400 yds 7 min
6 x 50 :50 desc 1-3/4-6	800 yds 14 min
Kick set	1100 yds 19 min
3 x 50 1:15	1100 yds 19 min
3 x 50 1:10	1250 yds 22 min
3 x 50 1:05	1400 yds 26 min
1 x 50 easy swim	1550 yds 29 min
Sprint set	1600 yds 30 min
4 x 50 2:00 90+% effort	1600 yds 30 min
3 x 50 1:30 90+% effort	1800 yds 38 min
2 x 50 1:00 90+% effort	1950 yds 42 min
1 x 50 easy	2050 yds 44 min
[All swims choice]	2100 yds 45 min
	2100 yds 45 min

## Freestyle set

2100 yds 45 min

4x

1 x 225 3:25 long & strong

1 x 75 1:05 strong

## Stroke/IM set

3300 yds 1 hr 3 min

4x

1 x 75 1:40 drill

1 x 125 2:20 IM

3300 yds 1 hr 3 min

[RD1 fly, RD2 back, RD3 brst, RD4 free]

4100 yds 1 hr 19 min

[Fly drill: fly arms w/flutter kick]

4100 yds 1 hr 19 min

[Back drill: right arm x 25, left arm x 25]

4100 yds 1 hr 19 min

[Brst drill: 2 kicks, 1 pull breathe on pull only]

4100 yds 1 hr 19 min

[Free drill: right arm x 25, left arm x 25]

4100 yds 1 hr 19 min

## Warm down

4 x 50 1:00

4100 yds 1 hr 19 min

## #Gold totals:

4300 Yards - 1 hr 23 min - stress: 127

## #Black sets

Warm up

0 yds 0 min

4 x 100 2:00

0 yds 0 min

3 x 100 2:15 IM/stroke

400 yds 8 min

6 x 50 1:00 desc 1-3/4-6

700 yds 14 min

Kick set

1000 yds 20 min

3 x 50 1:20

1000 yds 20 min

3 x 50 1:15

1150 yds 24 min

3 x 50 1:10

1300 yds 28 min

1 x 50 easy swim

1450 yds 32 min

Sprint set

1500 yds 32 min

4 x 50 2:00 90+% effort

1500 yds 32 min

3 x 50 1:30 90+% effort

1700 yds 40 min

2 x 50 1:00 90+% effort

1850 yds 45 min

1 x 50 easy

1950 yds 47 min

[All swims choice]

2000 yds 48 min

Freestyle set

2000 yds 48 min

2000 yds 48 min

3x

1 x 200 4:00 long & strong

1 x 50 1:15 strong

2750 yds 1 hr 3 min

[Desc by round]

2750 yds 1 hr 3 min

Stroke/IM set

2750 yds 1 hr 3 min

4x

1 x 50 1:30 drill

1 x 100 2:30 IM/stroke

3350 yds 1 hr 19 min

[RD1 fly, RD2 back, RD3 brst, RD4 free]

3350 yds 1 hr 19 min

[Fly drill: fly arms w/flutter kick]

3350 yds 1 hr 19 min

[Back drill: right arm x 25, left arm x 25]

3350 yds 1 hr 19 min

[Brst drill: 2 kicks, 1 pull breathe on pull only]

3350 yds 1 hr 19 min

[Free drill: right arm x 25, left arm x 25]

3350 yds 1 hr 19 min

Warm down

4 x 50 1:00

**#Black totals:**

3550 Yards - 1 hr 23 min - stress: 105

## #White sets

Warm up 0 yds 0 min

4 x 100 2:30 0 yds 0 min

3 x 100 2:45 stroke 400 yds 10 min

6 x 50 1:15 desc 1-3/4-6 700 yds 18 min

Kick set 1000 yds 25 min

4 x 100 2:45 1000 yds 25 min

Sprint set 1400 yds 36 min

Freestyle set 1400 yds 36 min

3x 1400 yds 36 min

1 x 200 5:00 long & strong

1 x 50 1:30 strong

2150 yds 56 min

[Desc by round]

Stroke/IM set 2150 yds 56 min

4x 2150 yds 56 min

1 x 50 1:45 choice drill

1 x 100 2:45 choice

2750 yds 1 hr 14 min

[Fly drill: fly arms w/flutter kick]

2750 yds 1 hr 14 min

[Back drill: right arm x 25, left arm x 25]

2750 yds 1 hr 14 min

[Brst drill: 2 kicks, 1 pull breathe on pull only]

2750 yds 1 hr 14 min

[Free drill: right arm x 25, left arm x 25]

2750 yds 1 hr 14 min

Warm down

4 x 50 1:00

**#White totals:**

2950 Yards - 1 hr 18 min - stress: 89