

Daily Workouts | Swim Without Limits, Inc.
Tue May 07 '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
6 x 50 1:05 stroke 2 of each	200 yds 3 min
2 x 100 1:30	500 yds 9 min
6 x 50 :50 desc 1-3/4-6	700 yds 12 min
Kick set	1000 yds 17 min
2x 2 x 50 1:15 1:00 [vertical kick] 2 x 50 1:15	1000 yds 17 min
Freestyle/pull set	1400 yds 29 min
4 x 100 1:30 long & strong	1400 yds 29 min
4 x 75 1:05 last 25 strong	1800 yds 35 min
4 x 50 :45 desc 1-4	2100 yds 40 min
4 x 25 :30 strong	2300 yds 43 min
4 x 50 :45 desc 1-4	2400 yds 45 min
4 x 75 1:05 last 25 strong	2600 yds 48 min
4 x 100 1:30 strong & consistent	2900 yds 52 min

3300 yds 58 min

Stroke set

3300 yds 58 min

4x

1 x 100 1:45 reverse IM

1 x 100 1:45 IM

1 x 50 1:00 easy free

4300 yds 1 hr 16 min

Warm down

4 x 50 1:00

#Gold totals:

4500 Yards - 1 hr 20 min - stress: 131

#Black sets

Warm up	0 yds 0 min
1 x 200 4:00	0 yds 0 min
6 x 50 1:15 stroke 2 of each	200 yds 4 min
2 x 100 2:00	500 yds 11 min
6 x 50 1:00 desc 1-3/4-6	700 yds 15 min
Kick set	1000 yds 21 min
3x 3 x 50 1:20 desc 1-3	1000 yds 21 min
Freestyle/pull set	1450 yds 33 min
2 x 100 2:00 long & strong	1450 yds 33 min
2 x 75 1:15 last 25 strong	1650 yds 37 min
3 x 50 1:00 desc	1800 yds 40 min
4 x 25 :45 strong	1950 yds 43 min
3 x 50 1:00 desc	2050 yds 46 min
2 x 75 1:15 last 25 strong	2200 yds 49 min
2 x 100 2:00 strong & consistent	2350 yds 51 min
Stroke set	2550 yds 55 min

3x

1 x 100 2:15 reverse IM

1 x 100 2:15 IM

1 x 50 1:15 easy free

2550 yds 55 min

Warm down

4 x 50 1:00

3300 yds 1 hr 12 min

#Black totals:

3500 Yards - 1 hr 16 min - stress: 102

#White sets

Warm up 0 yds 0 min

1 x 200 5:00 0 yds 0 min

6 x 50 1:30 stroke 2 of each 200 yds 5 min

2 x 100 2:30 500 yds 14 min

6 x 50 1:15 desc 1-3/4-6 700 yds 19 min

Kick set 1000 yds 26 min

2x 1000 yds 26 min

3 x 50 1:30 desc 1-3

Freestyle/pull set 1300 yds 35 min

2 x 100 2:30 long & strong 1300 yds 35 min

2 x 75 1:45 last 25 strong 1500 yds 40 min

2 x 50 1:15 desc 1650 yds 44 min

2 x 75 1:45 last 25 strong 1750 yds 46 min

2 x 100 2:30 strong & consistent 1900 yds 50 min

Stroke set 2100 yds 55 min

2100 yds 55 min

3x

1 x 100 2:45 stroke

1 x 100 2:30 free

2700 yds 1 hr 10 min

Warm down

4 x 50 1:00

#White totals:

2900 Yards - 1 hr 14 min - stress: 87