

Daily Workouts | Swim Without Limits, Inc.

Tue May 14 '19 - 5:30 am 25 Yards

Default interval: 1:30 per 100

#Gold sets

Warm up 0 yds 0 min

1 x 300 4:45 0 yds 0 min

3 x 100 1:30 300 yds 4 min

4 x 75 1:45 kick 600 yds 9 min

4 x 75 1:30 IM/stroke 900 yds 16 min

6 x 50 :50 desc 1-3/4-6 1200 yds 22 min

Main set 1500 yds 27 min

3x 1500 yds 27 min

4 x 25 :40 IM order perfect stroke

1 x 50 1:10 kick

2 x 50 1:05 [1: 25fly/25back, 2: 25brst/25free]

1 x 50 1:10 kick

1 x 100 1:50 IM

Freestyle/pull set 2700 yds 54 min

7x 2700 yds 54 min

1 x 150 2:15 last 50 strong

1 x 50 1:15 best effort

[Consider this a broken 200 with a strong 3rd 50 and a best effort last 50] 4100 yds 1 hr 18 min

4100 yds 1 hr 18 min

Warm down
4 x 50 1:00

#Gold totals:
4300 Yards - 1 hr 22 min - stress: 129

#Black sets

Warm up 0 yds 0 min

1 x 300 6:00 0 yds 0 min
3 x 100 2:00 300 yds 6 min
4 x 75 2:00 kick 600 yds 12 min
4 x 75 1:45 IM/stroke 900 yds 20 min
6 x 50 1:00 desc 1-3/4-6 1200 yds 27 min

Main set 1500 yds 33 min

2x 1500 yds 33 min
4 x 25 :45 IM order perfect stroke
1 x 50 1:30 kick
2 x 50 1:15 [1: 25fly/25back, 2: 25brst/25free]
1 x 50 1:30 kick
1 x 100 2:15 IM

Freestyle/pull set 2300 yds 54 min

5x 2300 yds 54 min
1 x 150 3:00 last 50 strong
1 x 50 1:30 best effort

3300 yds 1 hr 17 min
[Consider this a broken 200 with a strong 3rd 50 and a best effort last 50]

Warm down 3300 yds 1 hr 17 min
4 x 50 1:00

#Black totals:

3500 Yards - 1 hr 21 min - stress: 105

#White sets

Warm up 0 yds 0 min

1 x 200 5:00	0 yds 0 min
2 x 100 2:30	200 yds 5 min
4 x 75 2:15 kick	400 yds 10 min
4 x 75 2:00 stroke	700 yds 19 min
6 x 50 1:15 desc 1-3/4-6	1000 yds 27 min

Main set 1300 yds 34 min

2x	1300 yds 34 min
4 x 25 :45 stroke	
1 x 50 1:30 kick	
2 x 50 1:15 free	
1 x 50 1:30 kick	
1 x 100 2:45 stroke	

Freestyle/pull set 2100 yds 57 min

3x	2100 yds 57 min
1 x 150 3:30 last 50 strong	
1 x 50 1:30 best effort	

[Consider this a broken 200 with a strong 3rd 50 and a best effort last 50] 2700 yds 1 hr 12 min

Warm down 2700 yds 1 hr 12 min
4 x 50 1:00

#White totals:

2900 Yards - 1 hr 16 min - stress: 87