

Daily Workouts | Swim Without Limits, Inc.
Wed Apr 17 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up	0 m 0 min
1 x 200 3:30 [3:15]	0 m 0 min
6 x 50 1:15 [1:05] stroke	200 m 3 min
3 x 100 1:45 [1:30]	500 m 11 min
6 x 50 1:00 [:50] desc 1-3/4-6	800 m 16 min
Kick set	1100 m 22 min
2 x 150 3:45 [3:15]	1100 m 22 min
4 x 50 1:20 [1:15] desc 1-4	1400 m 29 min
Stroke set	1600 m 35 min
4x 1 x 50 1:10 [1:05] 25easy/25strong 1 x 50 1:10 [1:05] strong 1 x 50 1:10 [1:05] easy [RD1 fly, RD2 back, RD3 brst, RD4 choice]	1600 m 35 min 2200 m 49 min
Sprint set	2200 m 49 min
	2200 m 49 min

3x

1 x 50 :45 [:40]

1 x 50 :50 [:45]

1 x 50 :55 [:50]

1 x 50 1:00 [1:00] easy

[All swims choice]

[Hold strong pace on each 50]

2800 m 59 min

Free/Pull set

2800 m 59 min

2x

1 x 250 4:00 [3:40] long & strong

5 x 50 1:00 [:50] desc 1-5

3800 m 1 hr 17 min

Warm down

4 x 50 1:00

#Gold totals:

4000 Meters - 1 hr 21 min - stress: 124

#Black sets

Warm up

0 m 0 min

1 x 200 4:30 [4:00]

0 m 0 min

6 x 50 1:30 [1:15] stroke

200 m 4 min

3 x 100 2:15 [2:00]

500 m 13 min

6 x 50 1:05 [1:00] desc 1-3/4-6

800 m 20 min

Kick set

1100 m 26 min

2 x 100 2:45 [2:30]

1100 m 26 min

4 x 50 1:30 [1:20] desc 1-4

1300 m 32 min

Stroke set

1500 m 38 min

4x

1 x 50 1:30 [1:15] 25easy/25strong

1 x 50 1:30 [1:15] strong

1 x 50 1:30 [1:15] easy

1500 m 38 min

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

2100 m 56 min

Sprint set

2100 m 56 min

3x

1 x 50 :55 [:50]

1 x 50 1:00 [:55]

2100 m 56 min

1 x 50 1:05 [1:00]
1 x 50 1:15 [1:15] easy
[All swims choice]
[Hold strong pace on each 50]

2700 m 1 hr 9 min

Free/Pull set

2700 m 1 hr 9 min

2 x 200 4:30 [4:00] long & strong

3100 m 1 hr 18 min

Warm down

4 x 50 1:00

#Black totals:

3300 Meters - 1 hr 22 min - stress: 101

#White sets

Warm up	0 m 0 min
1 x 200 5:15 [5:00]	0 m 0 min
6 x 50 1:45 [1:30] stroke	200 m 5 min
3 x 100 2:45 [2:30]	500 m 15 min
6 x 50 1:30 [1:15] desc 1-3/4-6	800 m 24 min
Kick set	1100 m 33 min
2 x 100 3:00 [2:45]	1100 m 33 min
4 x 50 1:45 [1:30] desc 1-4	1300 m 39 min
Stroke set	1500 m 46 min
4x	1500 m 46 min
1 x 50 1:45 [1:30] 25easy/25strong	
1 x 50 1:45 [1:30] strong	
1 x 50 1:45 [1:30] easy	
[RD1 stroke, RD2 free, RD3 stroke, RD4 free]	2100 m 1 hr 7 min
Sprint set	2100 m 1 hr 7 min
Free/Pull set	2100 m 1 hr 7 min

2 x 200 5:15 [5:00] long & strong

2100 m 1 hr 7 min

2500 m 1 hr 17 min

Warm down

4 x 50 1:00

#White totals:

2700 Meters - 1 hr 21 min - stress: 84