

Daily Workouts | Swim Without Limits, Inc.
Wed Feb 06 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up 0 m 0 min

1 x 300 5:00 [4:30] 0 m 0 min
3 x 100 1:45 [1:30] 300 m 5 min
12 x 50 1:20 [1:15] alt 2 kick, 2 stroke 600 m 10 min

Sprint set 1200 m 26 min

4 x 50 :50 [:45] 1200 m 26 min
4 x 50 1:00 [:55] same effort as first four 1400 m 29 min
4 x 50 :50 [:45] 1600 m 33 min
1:00 rest 1800 m 36 min
3 x 50 2:00 [2:00] best effort sprint 1800 m 37 min
1 x 50 easy 1950 m 43 min
[All swims choice] 2000 m 44 min

Freestyle set 2000 m 44 min

6 x 50 :55 [:50] consistent pace 2000 m 44 min
3 x 100 1:40 [1:30] desc 1-3 2300 m 50 min
1 x 300 4:45 [4:15] neg split 2600 m 55 min
2900 m 1 hr 0 min

3 x 100 1:30 [1:20] desc 1-3

3200 m 1 hr 4 min

6 x 50 :50 [:45] strong NO GEAR

3500 m 1 hr 9 min

Kick set

3500 m 1 hr 9 min

1 x 400 10:00 [9:00] build each 100 to fast

3900 m 1 hr 19 min

Warm down

4 x 50 1:00

#Gold totals:

4100 Meters - 1 hr 23 min - stress: 137

#Black sets

Warm up

0 m 0 min

3 x 100 2:15 [2:00]

0 m 0 min

8 x 50 1:30 [1:20] alt 2 kick, 2 stroke

300 m 6 min

3 x 100 2:15 [2:00]

700 m 18 min

Sprint set

1000 m 25 min

4 x 50 1:05 [:55]

1000 m 25 min

4 x 50 1:15 [1:05] same effort as first four

1200 m 29 min

4 x 50 1:05 [:55]

1400 m 34 min

1:00 rest

1600 m 39 min

2 x 50 2:00 [2:00] best effort sprint

1600 m 40 min

[All swims choice]

1700 m 44 min

Freestyle set

1700 m 44 min

4 x 50 1:10 [1:00] consistent pace

1700 m 44 min

2 x 100 2:10 [2:00] desc

1900 m 48 min

1 x 200 4:00 [4:00] neg split

2100 m 53 min

2 x 100 2:10 [2:00] desc

2300 m 57 min

4 x 50 1:05 [:55] strong NO GEAR

2500 m 1 hr 1 min

2700 m 1 hr 5 min

Kick set

2700 m 1 hr 5 min

1 x 400 11:00 [10:00] build each 100 to fast

3100 m 1 hr 16 min

Warm down

4 x 50 1:00

#Black totals:

3300 Meters - 1 hr 20 min - stress: 110

#White sets

Warm up	0 m 0 min
3 x 100 2:45 [2:30]	0 m 0 min
8 x 50 1:30 [1:15] choice	300 m 8 min
3 x 100 2:45 [2:30]	700 m 20 min
Sprint set	1000 m 28 min
12 x 50 1:30 [1:15] alt 1 easy/2 fast	1000 m 28 min
[All swims choice]	1600 m 46 min
Freestyle set	1600 m 46 min
2 x 100 2:45 [2:30] desc	1600 m 46 min
1 x 200 5:30 [5:00] neg split	1800 m 52 min
2 x 100 2:45 [2:30] desc	2000 m 57 min
Kick set	2200 m 1 hr 3 min
1 x 400 12:00 [11:00] build each 100 to fast	2200 m 1 hr 3 min
Warm down	2600 m 1 hr 15 min
4 x 50 1:00	

#White totals:

2800 Meters - 1 hr 19 min - stress: 91