

Daily Workouts | Swim Without Limits, Inc.
Wed Jan 23 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up 0 m 0 min

2 x 150 2:45 [2:30] 0 m 0 min
4 x 50 1:15 [1:05] stroke 300 m 5 min
3 x 100 1:45 [1:30] 500 m 10 min
4 x 50 1:00 [:50] desc 1-4 800 m 15 min

Kick set 1000 m 19 min

2x 1000 m 19 min
1 x 100 2:30 [2:15]
1:00 [vertical kick]
1 x 100 2:30 [2:15] swim w/fast overdrive kick

Sprint set 1400 m 31 min

3x 1400 m 31 min
1 x 100 2:00 [2:00] easy
1 x 50 1:30 [1:20] sprint
1 x 50 1:30 [1:20] easy
1 x 100 2:30 [2:00] sprint
[RD1 stroke, RD2-3 choice] 2300 m 54 min

Freestyle set 2300 m 54 min

2300 m 54 min

3x

4 x 100 1:40 [1:30] desc 1-4

1 x 100 2:00 [1:45] best effort NO GEAR

3800 m 1 hr 20 min

Warm down

4 x 50 1:00

#Gold totals:

4000 Meters - 1 hr 24 min - stress: 132

#Black sets

Warm up

0 m 0 min

2 x 150 3:15 [3:00]

0 m 0 min

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

300 m 6 min

3 x 100 2:15 [2:00]

500 m 12 min

4 x 50 1:15 [1:00] desc 1-4

800 m 19 min

Kick set

1000 m 24 min

2x

1 x 100 2:30 [2:15]

2 x 50 1:30 [1:20]

1 x 100 2:30 [2:15] swim w/fast overdrive kick

1000 m 24 min

Sprint set

1600 m 40 min

3x

1 x 100 2:30 [2:00] easy

1 x 50 1:45 [1:30] sprint

1 x 50 1:45 [1:30] easy

1 x 100 2:30 [2:00] sprint

1600 m 40 min

[RD1 stroke, RD2-3 choice]

2500 m 1 hr 5 min

Freestyle set

2500 m 1 hr 5 min

2500 m 1 hr 5 min

5 x 100 2:00 [1:45] desc 1-5

3000 m 1 hr 15 min

1 x 100 best effort NO GEAR

3100 m 1 hr 17 min

Warm down

4 x 50 1:00

#Black totals:

3300 Meters - 1 hr 21 min - stress: 109

#White sets

Warm up

0 m 0 min

2 x 150 4:00 [3:45]

0 m 0 min

4 x 50 1:45 [1:30] stroke

300 m 8 min

3 x 100 2:45 [2:30]

500 m 15 min

4 x 50 1:30 [1:15] desc 1-4

800 m 23 min

Kick set

1000 m 29 min

2x

1 x 100 2:45 [2:30]

2 x 50 1:45 [1:30]

1000 m 29 min

Sprint set

1400 m 41 min

2x

1 x 100 3:00 [2:30] easy

1 x 50 2:00 [1:45] sprint

1 x 50 2:00 [1:45] easy

1 x 100 3:00 [2:30] sprint

1400 m 41 min

[RD1 stroke, RD2-3 choice]

2000 m 1 hr 1 min

Freestyle set

2000 m 1 hr 1 min

2000 m 1 hr 1 min

5 x 100 2:45 [2:30] desc 1-5

2500 m 1 hr 15 min

1 x 100 best effort NO GEAR

2600 m 1 hr 17 min

Warm down

4 x 50 1:00

#White totals:

2800 Meters - 1 hr 21 min - stress: 92