

Daily Workouts | Swim Without Limits, Inc.
Wed Jun 05 '19 - 5:30 am 50 Meters
Default interval: 1:45 per 100

#Gold sets

Warm up	0 m 0 min
4 x 150 2:45 [2:30]	0 m 0 min
12 x 50 1:15 [1:15] choice	600 m 11 min
Kick set	1200 m 26 min
4 x 150 4:00 [3:30] last 50 fast	1200 m 26 min
Main set	1800 m 42 min
3x 1 x 100 2:15 [2:00] IM/stroke 1 x 100 2:15 [2:00] free	1800 m 42 min
[Desc each swim by round]	2400 m 55 min
Free/pull set	2400 m 55 min
4 x 150 2:30 [2:15] last 50 strong	2400 m 55 min
16 x 50 1:00 [1:00] pace	3000 m 1 hr 5 min
	3800 m 1 hr 19 min

Warm down
4 x 50 1:00

#Gold totals:
4000 Meters - 1 hr 23 min - stress: 138

#Black sets

Warm up	0 m 0 min
4 x 150 3:30 [3:00]	0 m 0 min
10 x 50 1:20 [1:15] choice	600 m 14 min
Kick set	1100 m 27 min
4 x 100 2:45 [2:30] last 25 fast	1100 m 27 min
Main set	1500 m 38 min
3x 1 x 100 2:45 [2:15] IM/stroke 1 x 100 2:45 [2:15] free	1500 m 38 min
[Desc each swim by round]	2100 m 54 min
Free/pull set	2100 m 54 min
4 x 150 3:15 [3:00] last 50 strong	2100 m 54 min
12 x 50 1:15 [1:00] pace	2700 m 1 hr 7 min
Warm down 4 x 50 1:00	3300 m 1 hr 18 min

#Black totals:

3500 Meters - 1 hr 22 min - stress: 119

#White sets

Warm up	0 m 0 min
4 x 150 4:00 [3:30]	0 m 0 min
8 x 50 1:45 [1:30] choice	600 m 16 min
Kick set	1000 m 30 min
3 x 100 3:00 [2:45] last 25 fast	1000 m 30 min
Main set	1300 m 39 min
2x 1 x 100 2:45 [2:30] stroke 1 x 100 2:45 [2:30] free	1300 m 39 min
Free/pull set	1700 m 50 min
4 x 150 4:00 [3:30] last 50 strong	1700 m 50 min
8 x 50 1:30 [1:15] pace	2300 m 1 hr 6 min
Warm down 4 x 50 1:00	2700 m 1 hr 13 min

#White totals:

2900 Meters - 1 hr 17 min - stress: 98