

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

#Gold sets

Warm up 0 m 0 min

0 m 0 min

2 x 150 2:45 [2:30] 300 m 5 min

3 x 100 2:00 [1:45] 50st/50fr 600 m 11 min

1 x 300 7:15 [6:30] kick 900 m 18 min

3 x 50 1:15 [1:05] IM order 1050 m 22 min

3 x 50 1:00 [:50] desc 1-3

Stroke set 1200 m 25 min

1200 m 25 min

3x

1 x 100 2:15 [2:00] 50drill/50perfect stroke [stroke]

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

1 x 100 2:15 [2:00] strong [stroke or IM] 1950 m 42 min

[Fly drill: 3 strokes right arm, 3 left, 3 both] 1950 m 42 min

[Back drill: right arm only x 25, left arm x 25] 1950 m 42 min

[Brst drill: 2 kicks, 1 pull breathe on pull only] 1950 m 42 min

1 x 50 easy free

Freestyle set 2000 m 43 min

2000 m 43 min

2x

1 x 400 6:30 [6:00] pull

6 x 50 :55 [:50] desc 1-3/4-6 no gear

Sprint set 3400 m 1 hr 7 min

3x 3400 m 1 hr 7 min

1 x 50 1:00

1 x 50 :55

1 x 50 :50

1 x 50 :45

4000 m 1 hr 18 min

[Goal: swim all 50s at the effort it takes to make the one on :45]

4000 m 1 hr 18 min

Warm down

4 x 50 1:00

#Gold totals:

4200 Meters - 1 hr 22 min - stress: 133

#Black sets

Warm up 0 m 0 min

2 x 150 3:15 [3:00] 0 m 0 min
3 x 100 2:15 [2:00] 50st/50fr 300 m 6 min
1 x 300 8:00 [7:30] kick 600 m 13 min
6 x 50 1:15 [1:00] desc 1-3/4-6 900 m 21 min

Stroke set 1200 m 28 min

3x 1200 m 28 min
1 x 100 2:30 [2:15] 50drill/50perfect stroke [stroke]
1 x 50 1:30 [1:15] easy free
1 x 50 1:30 [1:15] strong stroke
[Fly drill: 3 strokes right arm, 3 left, 3 both] 1800 m 45 min
[Back drill: right arm only x 25, left arm x 25] 1800 m 45 min
[Brst drill: 2 kicks, 1 pull breathe on pull only] 1800 m 45 min

Freestyle set 1800 m 45 min

2x 1800 m 45 min
1 x 200 4:00 [3:45] pull
4 x 50 1:05 [1:00] desc 1-4 no gear

Sprint set 2600 m 1 hr 1 min

3x

1 x 50 1:10

1 x 50 1:05

1 x 50 1:00

1 x 50 :55

2600 m 1 hr 1 min

[Goal: swim all 50s at the effort it takes to make the one on :45]

3200 m 1 hr 14 min

3200 m 1 hr 14 min

Warm down

4 x 50 1:00

#Black totals:

3400 Meters - 1 hr 18 min - stress: 108

#White sets

Warm up 0 m 0 min

2 x 150 4:00 [3:30] 0 m 0 min
3 x 100 3:00 [2:45] 50st/50fr 300 m 8 min
1 x 300 9:00 [8:30] kick 600 m 17 min
4 x 50 1:30 [1:15] desc 1-4 900 m 26 min

Stroke set 1100 m 32 min

3x 1100 m 32 min
1 x 100 3:00 [2:45] 50drill/50perfect stroke [stroke]
1 x 50 1:45 [1:30] easy free
1 x 50 1:45 [1:30] strong stroke
[Fly drill: 3 strokes right arm, 3 left, 3 both] 1700 m 51 min
[Back drill: right arm only x 25, left arm x 25] 1700 m 51 min
[Brst drill: 2 kicks, 1 pull breathe on pull only] 1700 m 51 min

Freestyle set 1700 m 51 min

2x 1700 m 51 min
1 x 200 5:15 [5:00] pull
4 x 50 1:30 [1:15] desc 1-4 no gear

Sprint set 2500 m 1 hr 14 min

2500 m 1 hr 14 min

Warm down
4 x 50 1:00

#White totals:
2700 Meters - 1 hr 18 min - stress: 85