

Daily Workouts | Swim Without Limits, Inc.
Fri Sep 21 '18 - 5:30 am 25 Yards
Default interval: 1:30 per 100

#Gold sets

| | |
|---------------------------|-----------------|
| Warm up | 0 yds 0 min |
| 2 x 200 3:30 | 0 yds 0 min |
| 8 x 50 1:00 choice | 400 yds 7 min |
| 8 x 25 :30 strong | 800 yds 15 min |
| Kick set | 1000 yds 19 min |
| 10 x 50 1:15 25mod/25fast | 1000 yds 19 min |
| Sprint set | 1500 yds 31 min |
| 4 x 25 :40 | 1500 yds 31 min |
| 4 x 50 :45 | 1600 yds 34 min |
| 4 x 25 :30 | 1800 yds 37 min |
| 4 x 50 :55 | 1900 yds 39 min |
| 4 x 25 :20 | 2100 yds 42 min |
| 4 x 50 1:05 | 2200 yds 44 min |
| [All swims choice] | 2400 yds 48 min |
| Freestyle set | 2400 yds 48 min |

| | |
|----------------------------|----------------------|
| 10 x 50 :50 pace | 2400 yds 48 min |
| 1 x 500 7:30 long & strong | 2900 yds 56 min |
| 5 x 100 1:30 desc 1-5 | 3400 yds 1 hr 3 min |
| 2 x 250 3:45 neg split | 3900 yds 1 hr 11 min |

| | |
|-------------|----------------------|
| Warm down | 4400 yds 1 hr 18 min |
| 4 x 50 1:00 | |

#Gold totals:
4600 Yards - 1 hr 22 min - stress: 138

#Black sets

Warm up 0 yds 0 min

2 x 200 4:00 0 yds 0 min

8 x 50 1:15 choice 400 yds 8 min

8 x 25 :45 strong 800 yds 18 min

Kick set 1000 yds 24 min

10 x 50 1:20 25mod/25fast 1000 yds 24 min

Sprint set 1500 yds 37 min

4 x 25 :50 1500 yds 37 min

4 x 50 1:00 1600 yds 40 min

4 x 25 :40 1800 yds 44 min

4 x 50 1:05 1900 yds 47 min

4 x 25 :30 2100 yds 51 min

4 x 50 1:15 2200 yds 53 min

[All swims choice] 2400 yds 58 min

Freestyle set 2400 yds 58 min

2400 yds 58 min

4 x 100 2:00 desc 1-4

2800 yds 1 hr 6 min

2 x 200 4:00 neg split

3200 yds 1 hr 14 min

Warm down

4 x 50 1:00

#Black totals:

3400 Yards - 1 hr 18 min - stress: 102

#White sets

| | |
|---------------------------|---------------------|
| Warm up | 0 yds 0 min |
| 2 x 200 5:00 | 0 yds 0 min |
| 8 x 50 1:30 choice | 400 yds 10 min |
| 8 x 25 :45 strong | 800 yds 22 min |
| Kick set | 1000 yds 28 min |
| 10 x 50 1:30 25mod/25fast | 1000 yds 28 min |
| Sprint set | 1500 yds 43 min |
| 2 x 25 :45 stroke | 1500 yds 43 min |
| 1 x 50 1:30 free | 1550 yds 44 min |
| 3 x 25 :45 stroke | 1600 yds 46 min |
| 1 x 75 2:00 free | 1675 yds 48 min |
| 4 x 25 :45 stroke | 1750 yds 50 min |
| 4 x 100 2:30 free | 1850 yds 53 min |
| [All swims choice] | 2250 yds 1 hr 3 min |
| Freestyle set | 2250 yds 1 hr 3 min |

2 x 200 5:00 neg split

2250 yds 1 hr 3 min

Warm down

4 x 50 1:00

2650 yds 1 hr 13 min

#White totals:

2850 Yards - 1 hr 17 min - stress: 86