

- Week 1
 - Workout 1
 - Warm-up
 - 4 x 100 @ 10 sec rest (50 free smooth, 25 kick on back, 25 free build)
 - 8 x 75 @ 20/15/10/5 rest (25 free technique focus, 25 free kick on back in streamline, 25 free build last 12.5 to sprint)
 - Main Set
 - 2x:
 - 6 x 100 steady @ :05 rest - goal of maintaining best average time
 - 4 x 50 quick @ :30 rest - goal of maintaining best average time which should be much faster than 100s b/c of distance and rest interval (focus on an especially fast 1st 50 after the steady 100s)
 - 50 cruise backstroke @ :15 rest before repeating set
 - 6 x 50 @ :15 rest - 5 strokes of hard, fast butterfly, then rest of 50 is smooth, technique oriented freestyle
 - Cool Down
 - 300 cruise - with at least 100 yards done on back
 - Total: 2300
 - Workout 2
 - Warm-up
 - 500 smooth as 200 free, 100 back, 100 kick choice, 100 build freestyle
 - 8 x 50 steady @ :10 rest descend pace 1-4 and 5-8
 - Main Set
 - 5 x 200 @ :15 rest
 - 1 - 200 build each 50 - each faster than previous (sprint last 50)
 - 2 - 50 cruise backstroke/ 150 freestyle with first 5 strokes off of each wall aggressive, then settle into smooth pace for remaining strokes
 - 3 - breathing pattern over every 3 strokes/ every 5 strokes/ every 3/ every 5 by 50 - pace can be smooth, focus should be on technique and challenging breath control
 - Cool Down
 - 200 relaxed, mixing in backstroke and light kicking
 - Total: 2100
 - Workout 3
 - Warm-up
 - 2 x 200 w/20 seconds rest in between as (50 free smooth, 50 backstroke smooth, 50 free build, 50 kick on back choice)

- 8 x 50 @ :15 rest - descend 1 - 4, 5 - 8 so that #5 and #8 are at about 90% effort
 - 100 backstroke smooth
 - Main Set (Focus is on max effort speed while still being efficient and having good technique; using active swimming to recover instead of high volumes of inactive rest)
 - 4x:
 - 100 free max effort; 5 seconds rest on wall; 50 backstroke easy; 10 seconds on wall upon return
 - 75 free max effort; 5 seconds rest on wall; 50 backstroke, 25 freestyle easy; 10 seconds rest on wall upon return
 - 50 free max effort; 5 seconds rest on wall; 100 free easy; 10 seconds rest on wall upon return
 - 100 back/free super relaxed; start next round on round interval
 - Cool Down
 - 200 pull with buoy focusing on rotation and high elbow pull
 - 200 easy back/free by 50
 - Total: 3700
 - Workout 4 (recovery day - technique focus)
 - Warm-up
 - 500 smooth, choice of stroke
 - 8 x 50 freestyle kick on back - focus on pointed toes, kick starting from a strong core, not kicking solely from a “bend then straighten” knee
 - 4 x 100 @ :20 rest - build first 75 to strong then cruise last 25
 - Main Set
 - 5 x 200 @ :30 rest (all should be aerobic)
 - 50 freestyle - right arm for 25, left arm for 25 - focus on high elbow pull, timing of breath (breath as hand enters, turn head back into water as you begin to pull) and simply turning head to breathe instead of picking head up
 - 50 freestyle kick on back in streamline
 - 50 freestyle smooth focusing on strong rotation
 - 50 freestyle kick on stomach with arms by side focusing on body position (head facing bottom, hips high, pressing chest)
 - Cool Down
 - 300 smooth as 2x: 50back/50free/50kick
 - Total: 2600
- Week 2
 - Workout 1 (aerobic strength)
 - Warm-up

- 400 choice
- 2x
 - 3 x 100 @ :15sec rest build by 25 to strong last 25
 - 4 x 50 @ :05 sec rest descend 1 - 4 by approx 1 second per 50 so that the last is a pace you could sustain for no more than a 200
 - 100 back smooth
- Main Set (work straight through - endurance & strength focus)
 - 8 x 100 @ :05 recovery - find pace that you can hold for the entirety without building up lactic acid, but also one that challenges you and fatigues muscles
 - 12 x 50 @ :10 recovery - pace should be 3 seconds faster than half of your average pace for the previous 100s (recovery after last 50 should be just enough to get buoy on for 200s)
 - 2 x 200 strong pull with buoy @ :20 recovery - focus on high elbow pull technique engaging core and body rotation
- Cool Down
 - 2 x 200 smooth 50 free/ 50 back/ 50 kick on back/ 50 elementary back w/ :20 between each 200
- Total: 4000
- Workout 2 (Heart Rate, active recovery, strength)
 - Warm-up
 - 300 freestyle swim, 200 choice swim, 100 kick
 - 8 x 75 @ :15 seconds rest descend 1 - 4, 5 - 8 while building within each 75
 - Main Set (make sure that quick portions are indeed quick and rest on wall is short)
 - 3x:
 - 25 quick, touch & go, 25 smooth recovery, touch & go, 50 quick, touch & go, 25 smooth recovery, touch & go, 75 quick, touch & go, 25 smooth recovery, touch & go, 100 quick, 25 smooth recovery; 20 seconds rest; 200 steady pull with buoys focusing on technique
 - Cool Down
 - 300 - 2x (50 backstroke, 25 easy free, 25 kick, 25 elementary back, 25 free)
 - Total: 2850
- Workout 3 (max effort, active extended recovery)
 - Warm-up
 - 600 as 3x: (100 free smooth, 50 kick build, 50 back relaxed)
 - 2x: 5x100 @ rest interval :25, :20, :15, :10, :05 - first should be relaxed with technique focus, descend pace of 100s by about 2

seconds per 100 so that 5th and 10th are strong) [goal is to raise heart rate, warm-up muscles, get body prepared for hard main set]

- 8 x 12.5 sprint, 12.5 SUPER easy with an extra 15 seconds on wall
- Main Set
 - 100 max effort for time; 200 super easy; 15 seconds rest
 - 150 max effort for time (goal for pace to be less than 1 second per 50 slower); 150 super easy; 15 seconds rest
 - 200 max effort for time (goal for pace to be: $[100 \text{ time} + 2] \times [2]$); 100 super easy; 15 seconds rest
 - 4 x 50 max effort @ :60 seconds active recovery (swim 25) - goal to maintain best time for all, definitely faster than $\frac{1}{2}$ of 100 time
- Cool Down
 - 400 choice very relaxed with backstroke and kick
- Total: 3200
- Workout 4 (recovery & technique focus)
 - Warm-up
 - 800 smooth focusing on technique and body position as: 100 freestyle, 50 kick on stomach with head facing bottom and pressing chest (body position), 75 backstroke easy, 75 elementary backstroke
 - Main Set
 - 4 x 250 freestyle @ :15 rest - focus on staying aerobic, maintaining good technique and a steady yet relaxed pace, thinking about good body position
 - 10 x 50 kick/drill @ :20 rest as 25 kick on stomach with hands by side focusing on body position; 25 left arm/right arm by odds/evens focusing on breathing away from arm as hand enters, good high elbow pull
 - 300 swim as 50 backstroke thinking about fast arm turnover and good rotation, 50 freestyle thinking about rotation
 - Cool Down
 - 300 easy choice
 - Total: 2900
- Week 3
 - Workout 1 (Threshold repetition)
 - Warm-up
 - 400 swim with kick mixed in
 - 4x
 - 50 free build @ :05 rest
 - 2 x 25 kick fast @ :15 rest
 - 2 x 75 free @ :10 rest descend each 25 so that last 25 of 2nd 75 is sprint
 - 50 backstroke easy

- Workout 4 (Recovery)
 - Warm-up
 - 300 swim choice
 - 5 x 100 @ :15 (25 kick, 50 swim, 25 kick)
 - 6 x 50 drill @ :15 rest
 - Main Set
 - 16 x 100 free
 - 3 smooth @ :20 rest
 - 1 fast @ :30 rest
 - Cool Down
 - 200 easy choice
 - Total: 2900
- Week 4
 - Workout 1
 - Warm-up
 - 400 as (100 swim, 100 kick, 100 IM, 100 drill)
 - 4 x 75 @ :15 rest (25 swim, 25 drill, 25 swim)
 - 4 x 50 @ :10 rest all free
 - Main Set
 - 4 x
 - 100 Fast all out @ 1:30 rest
 - 50 kick moderate @ 1:00 rest (on back or with board)
 - 100 Fast all out @ 1:30 rest
 - 50 kick moderate @ 1:00 rest
 - 100 Fast all out @ 2:00 rest
 - Cool Down
 - 200 easy (50 swim, 50 kick, 100 swim)
 - Total: 2700
 - Workout 2
 - Warm-up
 - 500 as (200 free, 100 kick, 200 free)
 - 12 x 50
 - 1-6 Pull @ :10 rest
 - 7-12 Free @ :10 rest
 - Main Set
 - 3x
 - 6 x 100
 - 1-3: best time + :20 @ :15 rest
 - 4-6: best time + :15 @ :20 rest
 - 2 x (all on :20 rest)
 - 100 free @ 75%
 - 75 free @ 85%
 - 50 free @ 95%

- 25 free @ 100%
 - Cool Down
 - 300 as (25 kick on back, 50 backstroke, 100 free, 50 backstroke, 50 free, 25 kick on back)
 - Total: 3700
- Workout 3
 - Warm-up
 - 600 as 300 free, 300 kick
 - 8 x 100 @ :15 rest (75 free, 25 back)
 - Main Set
 - 1 x (:20 rest in between each group)
 - 300 free smooth
 - 3 x 100 fast at 95% @ :15 sec rest
 - 300 free at 80%
 - 3 x 100 smooth @ :10 rest
 - Cool Down
 - 300 choice
 - Total: 2900
- Workout 4
 - Warm-up
 - 500 choice
 - 8 x 50 @ :10 rest (25 build, 25 sprint)
 - Main Set
 - 6 x 150 (25 build, 100 sprint, 25 ez) @ :20 rest
 - 4 x 100 (1 - 3 descend, 4 - sprint) @ :20 rest
 - 6 x 75 (25 build, 25 sprint, 25 ez) @ :20 rest
 - 4 x 50 kick on back @ :10 rest
 - Cool Down
 - 200 as (50 back, 100 free, 50 kick on side)
 - Total: 3050
- Week 5
 - Workout 1
 - Warm-up
 - 500 as (300 free, 100 kick, 100 drill)
 - 8 x 75 (25 skull, 50 swim) @ :15 rest
 - Main Set
 - 1 x 100 sprint @ :20 rest
 - 1 x 200 smooth @ :15 rest
 - 1 x 300 at 75% @ :20 rest
 - 1 x 400 hard effort @ :30 rest (try to desc from 1-4 and really focus on starting and finishing very strong almost a sprint)
 - 1 x 300 at 75% @ :20 rest
 - 1 x 200 smooth @ :15 rest

- 1 x 100 sprint @ :20 rest
 - Cool Down
 - 300 choice
 - Total: 3000
- Workout 2
 - Warm-up
 - 300 choice
 - 8 x 50 @ :10 rest (25 drill, 25 swim)
 - Main Set
 - 20 x 100
 - 1-5 smooth free @ :15 rest
 - 6-10 stroke @ :20 rest
 - 11-15 descend on :15 rest (descend to 95% effort)
 - 16-20 kick on back @ :20 rest
 - 20 x 25
 - 1-5 all out effort @ :20 rest
 - 6-10 stroke @ :10 rest
 - 11-15 descend @ :10 rest (descend to sprint)
 - 16-20 kick on back @ :10 rest
 - Cool Down
 - 400 easy (100 free, 100 drill, 100 kick, 100 swim)
 - Total: 3600
- Workout 3
 - Warm-up
 - 5 x 100 @ :10 rest smooth
 - 10 x 50 @ :10 rest (stroke, free)
 - Main Set
 - 3 x
 - 1 x 300 free smooth @ :15 rest
 - 4 x 50 @ :10 rest, fast from flags to wall
 - 4 x 25 sprint @ :10 rest
 - Cool Down
 - 200 easy (50 kick on side, 50 back, 100 free)
 - Total: 3000
- Workout 4
 - Warm-up
 - Swim for 10 minutes straight mixing in free, stroke, drill, kick
 - 12 x 50
 - 1-4 free swim @ :15 rest
 - 5-8 stroke @ :15 rest
 - 9-12 drill @ :15 rest
 - Main Set
 - 4 x

- 1 x 225 @ :10 rest (desc each 50 through 200, last 25 should be done at 90% effort)
 - 1 x 25 all out sprint @ :30 rest
 - 1 x 125 @ :10 rest (25 drill, 100 smooth)
 - 1 x 25 all out sprint @ :30 rest
 - Cool Down
 - 200 easy choice
 - Total: about 3000
- Week 6
 - Workout 1
 - Warm-up
 - 200 easy
 - 5 x 100 drill/swim by 50 @ :10 rest
 - 5 x 100 kick/swim by 25 @ :10 rest
 - Main Set
 - 4 x 250 smooth @ :15 rest
 - 100 easy
 - 4 x 250 descend by 50 to 95% @ :15 rest
 - Cool Down
 - 100 easy choice
 - Total: 3400
 - Workout 2
 - Warm-up
 - 500 as (100 free, 100 back, 100 drill, 200 free)
 - 2 x
 - 4 x 50 free cruise @ :10 rest
 - 4 x 25 kick @ :10 rest
 - Main Set
 - 3 x 100 smooth free @ :15 rest
 - 8 x 50 @ :10 rest, 25 kick on back/25 swim
 - 3 x 100 all out effort @ :30 rest
 - 8 x 50 @ :10 rest, 25 drill, 25 swim
 - 3 x 100 smooth free @ :15 rest
 - Cool Down
 - 200 choice
 - Total: 3000
 - Workout 3
 - Warm-up
 - 400 swim cruise with mixed backstroke and kick
 - 20 x 50 : 5 @ each rest :20/:15/:10/:05
 - maintain best average time as rest decreases
 - Main Set
 - 5 x 500 @ :30/:05/:30/:05

- 1 - descend pace to hard last 100 (make sure to stay controlled early)
 - 2 - smooth 1st 100; build next 200; hard 4th 100; smooth last 100
 - 3 - Strong effort - get time
 - 4 - active recovery - goal time: 30seconds slower than previous 500
 - 5 - For Time (beat number 3)
 - Cool Down
 - 300 smooth
 - Total - 3700
- Workout 4
 - Warm-up
 - 500 smooth with kick included
 - 10 x 50 @ :10 rest - alternate 50 kick on stomach focusing on body position; 50 build freestyle
 - Main Set
 - 4x:
 - 2 x 100 @ :30 rest - 90% max effort
 - 6 x 50 strong kick on back in streamline @ :15 rest
 - 3 x 200 pull strong @ :15 sec rest - focus on rotation, high elbow pull, head & hip position
 - Cool Down
 - 300 smooth mix in backstroke
 - Total - 3600
- Week 7
 - Workout 1
 - Warm-up
 - 300 free, 200 drill, 100 kick
 - 8 x 75 @ :15 rest
 - 1 - 4 IM order (fly/back/breast, back/breast/free, breast/free/fly, free/fly/back)
 - 5 - 8 kick/drill/swim
 - Main Set
 - 4 x
 - 3 x 100 desc 1 - 3 (#3 should be about 90%) @ :15 rest
 - 1 x 100 FAST @ : 45 rest
 - Cool Down
 - 300 as (100 swim, 100 kick, 100 swim)
 - Total: 3100
 - Workout 2
 - Warm-up
 - 400 free

- Week 8
 - Workout 1
 - Warm-up
 - Swim for 10 minutes straight
 - 2 x 100 - desc by 25 to 85% @ :15 rest
 - 2 x 75 - free/stroke/free @ :10 rest
 - 2 x 50 - drill @ :10 rest
 - 2 x 25 - kick @ :05 rest
 - Main Set
 - 5 x 300 @ :20 rest
 - 1 - 100 free, 100 kick, 100 free
 - 2 - stroke (can mix up which strokes)
 - 3 - 90% effort
 - 4 - smooth effort
 - 5 - all out effort - record time
 - Cool Down
 - 300 as 100 free, 100 stroke, 100 free
 - Total: about 2900
 - Workout 2
 - Warm-up
 - 500 (as 100 free, 100 back, 100 free, 100 kick, 100 free)
 - 8 x 75 @ :10 rest - kick on side/back/free
 - 8 x 25 @ :05 rest (1-4 kick, 5-8 desc free)
 - Main Set
 - 1 x 400 @ :15 rest - smooth free
 - 1 x 300 @ :15 rest - desc by 100 to 90% effort
 - 1 x 200 @ :15 rest - smooth free
 - 1 x 100 @ :15 rest - desc by 25 to 90% effort
 - Cool Down
 - 200 easy choice
 - Total: 2500
 - Workout 3
 - Warm-up
 - 400 smooth
 - 4x:
 - 100 - 25 smooth free technique focus; 50 strong; 25 smooth
 - 75 - 25 kick on stomach focus on body position; 25 freestyle; 25 backstroke
 - 50 - build free
 - Main Set
 - 4x:
 - 300 - strong pull (80%max) @ :10sec rest

- 2 x 100 - @ :20 rec as 25 sprint, 50 active recovery, 25 sprint
 - 10 x 50 @ :30/:05 rest
 - odd - backstroke strong focus on rotation
 - kick on stomach focus on body position
 - Cool Down
 - 400 swim with at least 150 of backstroke/elementary back
 - Total - 4200
 - Workout 4
 - Warm-up
 - 2 x 200 as 50 free/50 back/50 kick/50 choice
 - 8 x 100 @ :20 rec as 1-4 descend free; 5 - 8 descend free pull
 - Main Set
 - 4 x 400 @ :30/:05/:30
 - 1 - smooth first 100; race pace middle 200; steady last 100 (not easy but settle down from race pace)
 - 2 - Hard, for time
 - 3 - active recovery first 200 (smooth & technique); 100 with overdrive kick; 100 build to quick
 - 4 - Hard, for time (beat # 2)
 - 2x:
 - 4 x 75 pull @ :05 rec @ 80% of max effort (try to sustain best average, it's ok if last one you are failing)
 - 4 x 50 back/kick @ :20 - smooth, as recovery
 - Cool Down
 - 500 relaxed with backstroke and easy kick
 - Total - 4300
- Week 9
 - Workout 1
 - Warm-up
 - 500 (swim, kick, IM, drill, swim)
 - 4 x 25 IM order @ :05 rest
 - 4 x 50 free/kick @ :10 rest
 - 4 x 75 free, drill, free @ :15 rest
 - Main Set
 - 20 x 100
 - 1-5 @ :10 rest, smooth
 - 6-10 @ :15 rest, desc 1-5 to 100% effort
 - 11-15 @ :10 rest, smooth
 - 16-20 @ :15 rest, desc 1-5 to 100% effort
 - Cool Down
 - 200 choice easy
 - Total: 3300

- Workout 2
 - Warm-up
 - 10 x 100 smooth effort @ :10 rest
 - Main Set
 - 9 x 150
 - 1-3 kick/free/kick by 50 @ :10 rest
 - 4-6 kick/stroke/kick by 50 @ :10 rest
 - 7-9 free/kick/free by 50 @ :10 rest
 - Cool Down
 - 300 as (100 free, 100 kick, 100 free)
 - Total: 2650
- Workout 3 (recovery)
 - Warm-up
 - 500 super smooth choice
 - Main Set
 - 2x:
 - 400 @ :30 rec - steady pace, building no lactic acid but feeling strong
 - 300 @ :15 rec - 100 backstroke smooth/50 kick smooth/150 free easy focus on rotation and body position
 - 200 @ :30 rec - alternating choice/free by 50
 - 100 @ :60 rec - as 2x: 25 quick kick/25 easy kick
 - 5 x 100 @ :15 rec - cruise focusing on technique
 - Cool Down - 300 easy with backstroke
 - Total - 3300
- Workout 4 (distance)
 - Warm-up
 - 200 free smooth, 100 backstroke with rotation focus, 2 x 50 kick build @ :10 rest; 200 freestyle build first 150, easy last 50
 - 8 x 100 @ (:20/:15/:10/:05) rest as
 - odds - build to sprint first 75, easy last 25 backstroke
 - evens - 800m race pace for first 50; easy 2nd 50
 - Main Set
 - 3 x broken 800 with 3:00 recovery between each totaled 800 piece (should do easy swim during 3:00. DO NOT reduce rest) as:
 - 1 - 200 @ :10 recovery max effort; 4 x 100 best average @ :10 recovery; 200 max effort (get total time then subtract :50 seconds - your recovery - to find the amount of swimming time)
 - 2 - 2 x 400 race pace @ :20 recovery - 1st: race pace but focus on maintaining through the back 200; 2nd: race pace but focus on being aggressive for first 200 (get total time

then subtract :20 seconds - your recovery - to find amount of swimming time)

- 3 - 800 for time. race effort with whatever you have left.
- Cool Down - 400 super easy with backstroke
- Total - 4200
- Week 10
 - Workout 1
 - Warm-up
 - 400 swim (200 swim, 100 back, 100 kick)
 - 5 x 100 alternate free/kick by 25 @ :15 sec rest
 - 5 x 50 drill/swim @ :10 sec rest
 - Main Set
 - 2 x 200 FAST @ :30 sec rest
 - 200 ez
 - 4 x 100 FAST @ :30 sec rest
 - 200 ez
 - 4 x 50 FAST @ :30 sec rest
 - Cool Down
 - 250 choice
 - Total: 2800
 - Workout 2
 - Warm-up
 - 500 as (200 free, 100 back, 200 free)
 - 8 x 75 @ :15 seconds rest descend 1 - 4, 5 - 8 while building within each 75
 - Main Set
 - 4 x 250 @ :20 sec rest at 85% effort
 - 4 x 200 smooth swimming @ :20 rest
 - 4 x 150 @ :20 rest, desc by 50 to sprint effort for last 50
 - Cool Down
 - 100 easy
 - Total: 3600
 - Workout 3 (max effort, active extended recovery)
 - Warm-up
 - 600 as 3x: (100 free smooth, 50 kick build, 50 back relaxed)
 - 2x:
 - 6 x100 @ rest interval :25, :20, :15, :10, :05, :05 - first should be relaxed with technique focus, descend pace of 100s by about 2 seconds per 100 so that 5th and 10th are strong) [goal is to raise heart rate, warm-up muscles, get body prepared for hard main set]
 - 8 x 12.5 sprint, 12.5 SUPER easy with an extra 15 seconds on wall
 - Main Set

- 200 max effort for time; 200 super easy; 15 seconds rest
 - 100 max effort for time (goal for pace to be less than 1 second per 50 slower); 200 super easy; 15 seconds rest
 - 200 max effort for time (goal for pace to be on par with first 200); 100 super easy; 15 seconds rest
 - 4 x 50 max effort @ :60 seconds active recovery (swim 25) - goal to maintain best time for all, definitely faster than ½ of 100 time
 - 100 smooth backstroke
 - 4 x 50 max effort kick @ :45 seconds rest
 - Cool Down
 - 400 choice very relaxed with backstroke and kick
 - Total: 3900
- Workout 4 (aerobic strength)
 - Warm-up
 - 500 choice with backstroke and kick
 - 2x
 - 2 x 100 @ :15sec rest build by 25 to strong last 25
 - 6 x 50 @ :05 sec rest descend 1 - 6 by approx 1 second per 50 so that the last is a pace you could sustain for no more than a 200, 1st should be very controlled
 - 100 back smooth
 - Main Set (work straight through - endurance & strength focus)
 - 10 x 100 @ :05 recovery - find pace that you can hold for the entirety without building up lactic acid, but also one that challenges you and fatigues muscles
 - 16 x 50 @ :15 recovery - pace should be 3 seconds faster than half of your average pace for the previous 100s (recovery after last 50 should be just enough to get buoy on for 200s)
 - 5 x 100 @ :05 recovery - same as first set of 10
 - Cool Down
 - 400 as smooth 2x: 50 free/ 50 back/ 50 kick on back/ 50 elementary back
 - Total: 4500
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- Week 11
 - Workout 1
 - Warm-up
 - 300 free
 - 6 x 100 @ :15 rest free/back by 50
 - Main Set
 - 1 x 400 smooth @ :20 rest
 - 4 x 50 kick on back @ :15 rest
 - 1 x 50 FAST (rest :60 after)

- 100 ez
- 1 x 400 smooth @ :20 rest
- 4 x 50 kick o side @ :15 rest
- 1 x 50 FAST (rest :60 after)
- 100 ez
- 1 x 400 smooth @ :20 rest
- 4 x 50 kick on back @ :15 rest
- 1 x 50 FAST
- Cool Down
 - 200 easy choice
- Total: 3250
- Workout 2
 - Warm-up
 - 400 swim (200 free, 100 kick, 100 free)
 - 4 x 75 kick @ :10 rest (alternate kick on back with kick on side)
 - 4 x 75 @ :10 rest (free/back/free)
 - 4 x 75 @ :10 rest (IM order - fly/back/breast, back/breast/free, breast/free/fly, free/fly/back)
 - Main Set
 - 3 x
 - 1 x 200 @ :10 rest
 - 6 x 50 @ :10 rest
 - 1-3 - 25 drill, 25 smooth
 - 4-6 - 25 smooth, 25 fast
 - Cool Down
 - 300 easy (50 kick, 50 swim, 50 drill x 2)
 - Total: 3100
- Workout 3
 - Warm-up
 - Swim for 15 minutes straight mixing in free, stroke, drill, kick
 - 12 x 50
 - 1-4 free swim descending each by about 1 second so that the 4th is a pace that you could sustain for a max of 800 @ :15 rest
 - 5-8 choice of stroke focusing on kick @ :15 rest
 - 9-12 drill focusing on body position and rotation @ :15 rest
 - Main Set
 - 2x
 - 2 x 225 @ :10 rest (desc each 50 through 200, last 25 should be done at 90% effort)
 - 4 x 25 all out sprint @ :30 rest
 - 1 x 125 @ :10 rest (25 drill, 50 smooth; 50 kick)
 - 1 x 25 all out sprint @ :30 rest

- 4 x 75 max effort @ :90 seconds rest including active recovery
 - Cool Down
 - 400 easy choice
 - Total: varies based on warm-up
 - Workout 4 (recovery day - technique focus)
 - Warm-up
 - 500 smooth, choice of stroke
 - 8 x 50 freestyle kick on back - focus on pointed toes, kick starting from a strong core, not kicking solely from a “bend then straighten” knee
 - 6 x 100 @ :20 rest - alternating odds - build first 75 to strong then cruise last 25; evens - pull with buoy
 - Main Set
 - 5 x 200 @ :30 rest (all should be aerobic)
 - 50 freestyle - right arm for 25, left arm for 25 - focus on high elbow pull, timing of breath (breath as hand enters, turn head back into water as you begin to pull) and simply turning head to breathe instead of picking head up
 - 50 freestyle kick on back in streamline
 - 50 freestyle smooth focusing on strong rotation
 - 50 freestyle kick on stomach with arms by side focusing on body position (head facing bottom, hips high, pressing chest)
 - 8 x 75 @ :15 rest as 25 kick on stomach/25 kick on back streamline/25 back focus on turnover and rotation
 - Cool Down
 - 300 smooth as 2x: 50back/50free/50kick
 - Total: 3400
- Week 12
 - Workout 1
 - Warm-up
 - 2 x 200 swim/kick by 100 @ :20 rest
 - 8 x 25 IM order swim @ :05 rest
 - 2 x 200 drill/swim by 100 @ :20 rest
 - Main Set
 - 2 x 300 smooth swim @ :15 rest (focus on consistent breathing whether that is every other or every 3 strokes)
 - 2 x 100 broken down into 25 fast, 50 smooth 25 fast (rest :05 in between each 25)
 - 2 x 300 @ :15 rest, middle 100 should be at 90% effort
 - 2 x 100 broken down into 25 fast, 50 smooth 25 fast (rest :05 in between each 25)

- 2 x 300 @ :15 rest, descend the second 300 (try to go :10 or more faster on final 300)
 - Cool Down
 - 200 easy choice
 - Total: 3400
- Workout 2
 - Warm-up
 - 300 swim as (100 free, 100 drill, 100 free)
 - 10 x 100 @ :10 rest
 - 1-3 swim
 - 4-6 drill/swim by 50
 - 7-9 - kick/swim by 50
 - 10 - smooth effort
 - Main Set
 - 1 x 500 descend each 100 to 90% effort
 - 1 x 400 free, broken into 2 x 200 - take :10 rest after first 200, try to go :10 or more faster on second 200
 - 1 x 300 (focus on breath - try to keep it consistent)
 - 1 x 200 smooth effort
 - 1 x 100 at 85%
 - Cool Down
 - 200 as (50 swim, 50 stroke, 50 kick, 50 swim)
 - Total: 3000
- Workout 3
 - Warm-up
 - 500 smooth swim with kick and backstroke
 - 12 x 50 in sets of 3 @ :10 rec descending within each set by 3 seconds per 50 to strong for the 3rd in the set
 - Main Set
 - 100s...
 - 6 x 100 @ :15 rec - hold best average pace
 - 100 back easy
 - 5 x 100 @ :10 rec - hold same average as before
 - 100 back easy
 - 4 x 100 @ :05 rec - hold same average as before
 - 100 back easy
 - 10 x 50 @ :30 rec
 - odds - strong kick/25 back
 - even - 50 sprint free
 - Cool Down - 400 easy
 - Total - 3800
- Workout 4
 - Warm-up

- 300 swim, 200 kick on back, 100 choice
- 3 x 200 as - 100 build free, 50 backstroke easy with rotation focus, 50 kick hard @ :15 rec
- Main Set
 - 500 @ :10 rec - race pace
 - 4 x 50 @ :20 rec - 25 smooth technique focus/ 25 kick
 - 400 @ :10 rec - race pace
 - 4 x 50 - same as above
 - 100 backstroke easy
 - 500 for time (beat 500 race pace time)
 - 4 x 50 kick on back @ :15 rec - focus on easy recovery kicking
- Cool Down - 300 with backstroke and kick involved
- Total- 3600