Monday:

Stretches

Warmup-

400 free

2x100 kick/drill by 50

4x50 build

Kick Set-

3x100 ch/fr/ch kick focus on the tempo and keeping a good speed @2:40

4x50 IM order focus on using all muscles in each kick and tight core @ 1:20

Set 1-

8x75 IM roll through 2rounds of (fl/bk/br, bk/br/fr, br/fr/bk, fr/fl/bk) @2:10

Set 2-

1-2x depending on time

4x200 im/bk/br/fr @4:20

6x25 fly focusing on powerful kick and getting arms out of water @:50

Cooldown-

200 easy

Stretches

Tuesday:

Stretches

Warmup-

400 free

2x100 k/d by 50

4x50 build

Kick Set-

4x200 fl/bk/br/fr @5:20

Set 1-

2x

3x100 br focus on turns/pullouts/finishes @2:40

4x50 br sprint @1:00

Set 2-

2x

6x25 fly drill (pick between 1 arm fly, 3-3-3 drill, or lochte drill) @:45

3x50 fly sprint @1:15

Cooldown-

200 easy

Stretch

Wednesday:

Stretch

Warmup-

400 fr

2x100 k/d by 50

4x50 build

Kick Set-

12x50 IM order 3 rounds of (fl/bk/br/fr) @1:30

Set 1-

5x100 free holding the same time for each 100, make it strong @2:00

4x50 sprint free @1:00

Set 2-

20x25 free strong @ :40

2x50 easy free @1:00

Cooldown-

200 easy

Stretch

Thursday:

Stretch

Warmup-

400 free

2x100 k/d by 50

4x50 build

Kick Set-

3x100 build kick (bk/br/fr) @2:30

8x50 IM order strong kick @1:20

6x25 sprint fr kick @ :50

Set 1-

4x200 IM/Bk/Br/Fr focus on the breakdown by 50 @4:00

Set 2-

3x50 sprint from dive (bk/br/fr) @1:20

2x100 fr/ch from dive sprint @2:15

1x200 fr sprint from dive @ 3:00

Cooldown-

200 easy

Stretches