

5 WEEKS CYCLE PROGRESSION / MONDAY – TUESDAY – WEDNESDAY SETS

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	MONDAY	MONDAY	MONDAY	MONDAY
32x50 Fr @1'10" (AT pace + SCORE) 200 ez + passive rest @6' 6x100 Fr @2' (VO2 Mix pace)	28x50 Fr (10 @1'+ 18 @1'10") (AT pace + SCORE) 200 ez + passive rest @6' 6x100 Fr @2' (VO2 Mix pace) 200 ez + passive rest @6' 2x75 Fr @2' (VO2 BA pace)	24x50 Fr (12 @1'+ 12 @1'10") (AT pace + SCORE) 200 ez + passive rest @6' 6x100 Fr @2' (VO2 Mix pace) 200 ez + passive rest @6' 4x75 Fr @2' (VO2 BA pace)	20x50 Fr (14 @1'+ 6 @1'10") (AT pace + SCORE) 200 ez + passive rest @6' 6x100 Fr @2' (VO2 Mix pace) 200 ez + passive rest @6' 6x75 Fr @2' (VO2 BA pace)	16x50 Fr @1' (AT pace + SCORE) 200 ez + passive rest @6' 6x100 Fr @2' (VO2 Mix pace) 200 ez + passive rest @6' 8x75 Fr @2' (VO2 BA pace)
TUESDAY	TUESDAY	TUESDAY	TUESDAY	TUESDAY
24x25 Fly @40"/45" (5 A2 SCORE / 1 Fast)x4 100 ez @2'30" 12x50 Bk @1'05"/1'10" (4 A2 + 8 AT) SCORE 100 ez @2'30" 24x25 Br @45" (5 A2 SCORE / 1 Fast)x4 100 ez @2'30" 200 IM FAST	24x25 Fly @40"/45" (6 A2 SCORE / 2 Fast)x3 100 ez @2'30" 12x50 Bk @1'05"/1'10" (4 A2 + 7 AT + 1 VO2 BA) 100 ez @2'30" 24x25 Br @45" (6 A2 SCORE / 2 Fast)x3 100 ez @2'30" 200 IM FAST	24x25 Fly @40"/45" (8 A2 SCORE / 4 Fast)x2 100 ez @2'30" 12x50 Bk @1'05"/1'10" (4 A2 + 6 AT + 2 VO2 BA) 100 ez @2'30" 24x25 Br @45" (8 A2 SCORE / 4 Fast)x2 100 ez @2'30" 200 IM FAST	24x25 Fly @40"/45" (5 A2 SCORE / 3 Fast)x3 100 ez @2'30" 12x50 Bk @1'05"/1'10" (4 A2 + 5 AT + 3 VO2 BA) 100 ez @2'30" 24x25 Br @45" (5 A2 SCORE / 3 Fast)x3 100 ez @2'30" 200 IM FAST	24x25 Fly @40"/45" (4 A2 SCORE / 4 Fast)x3 100 ez @2'30" 12x50 Bk @1'05"/1'10" (4 A2 + 4 AT + 4 VO2 BA) 100 ez @2'30" 24x25 Br @45" (4 A2 SCORE / 4 Fast)x3 100 ez @2'30" 200 IM FAST
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
8x100 @2'30" (50 Fr VO2 BA + 50 ez) 28x25 Fr kick MAX @45" 200 ez @5' 6x200 Fr @3'15"/3'30" pull band paddles A2	12x100 @2'30" (50 Fr VO2 BA + 50 ez) 24x25 Fr kick MAX @45" 200 ez @5' 5x200 Fr @3'15"/3'30" pull band paddles A2	16x100 @2'30" (50 Fr VO2 BA + 50 ez) 12 no equipment / 4 fins 20x25 Fr kick MAX @45" 200 ez @5' 4x200 Fr @3'15"/3'30" pull band paddles A2	20x100 @2'30" (50 Fr VO2 BA + 50 ez) 12 no equipment / 8 fins 16x25 Fr kick MAX @45" 200 ez @5' 3x200 Fr @3'15"/3'30" pull band paddles A2	24x100 @2'30" (50 Fr VO2 BA + 50 ez) 12 no equipment / 12 fins 12x25 Fr kick MAX @45" 200 ez @5' 2x200 Fr @3'15"/3'30" pull band paddles A2

« SCORE » => Swim at the desire time/pace with less strokes as you can (= swimming golf)

energy zones & paces correlation template (only intensities used for this progression)	used at BSSC	US (7 zones chart)	UK	France (7 zones chart)
	A2	En1	Zone 1 / A2	Zone 2
	AT	En2	Zone 2 / Anaerobic Threshold	Zone 3
	VO2 Mix	En3	Zone 3 / Aerobic Overload	Zone 4
	VO2 BA	Sp1	Zone 4 / Lactate Production	Zone 5