

| MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | |
|----------|---|------------|-------------|---------|---|------------|------|----------------------|-------------------------------|-----|-------------|
| 400 | WARM UP | | 400 | 500 | WARM UP. 4th BCK | | 500 | 500 | WARM UP. 4th BACK | | 500 |
| 500 | KCK - 4th HARD | | 500 | 4x 200 | ALT PULL W/ PADDLES @ 78%, KCK W/ FINS @ 75%. WATCH HRs. NO R.I. BETWEEN. KEEP FINS ON THROUGHOUT | | 800 | | | | |
| 500 | PULL - BREATHE PER 3 | | 500 | | | | | 800 | PULL - BREATHE PER 3,4 | 78% | 800 |
| 3x 400 | FREE. 30s R.I. | 85% | 1200 | 800 | FREE. | 85% | 800 | 500 | FR - BREATHE PER 3 | 75% | 500 |
| | | | | | | | | 800 | FR - BREATHE PER 3 | 75% | 800 |
| | | | | 500 | | 00:00 | 75% | 500 | NO R.I. BETWEEN. STICK TO HRs | | |
| 400 | WARM DOWN | | 400 | 400 | WARM DOWN | | 400 | 400 | WARM DOWN | | 400 |
| | | | 3000 | | | | | 3000 | | | 3000 |
| THURSDAY | | | | FRIDAY | | | | SATURDAY | | | |
| 400 | WARM UP. BREATH PER 3 | | 400 | 500 | WARM UP | | 500 | 500 | WARM UP. ALT 100 FR / BCK | | 500 |
| | | | | 500 | KCK - 4th HARD | | 500 | 400 | KCK - 4th HARD | | 400 |
| 600 | FR | 85% | 600 | | | | | 400 | PULL - BREATHE PER 3 | | 400 |
| 500 | PULL - BREATHE PER 3,4 | 78% | 500 | 600 | PULL - BREATHE PER 3 | | 600 | | | | |
| 400 | ALT 100 FR / BACK | 85% | 400 | | | | | 400 | FREE | 85% | 400 |
| 300 | KCK - 4TH HARD | 78% | 300 | 1000 | 15mins FREE. | 85% | 1000 | 500 | FREE | 78% | 500 |
| 200 | IM | 85% | 200 | | | | | 400 | FREE | 85% | 400 |
| 200 | FR - BREATHE PER 4 NO R.I. BETWEEN. STICK TO HRs | 75% | 200 | | | | | NO R.I. STICK TO HRs | | | |
| 400 | WARM DOWN | | 400 | 400 | WARM DOWN | | 400 | 400 | WARM DOWN | | 400 |
| | | | 3000 | | | | | 3000 | | | 3000 |