

Swimmer Training Plan

Cycle Period [Start Date – End Date]

Weekly Schedule

Mondays – Overdistance, 400 IM – 7,000 Yards – Run & Drylands before

Tuesdays – Overdistance, Sprinting – 6,000 Yards – Boxing after workout

Wednesdays – VO2, Pace Control – 5,000 Yards – Run & Drylands before

Thursdays – VASA/Stretch Cordz – Boxing after workout

Fridays – VO2, Pace Control – 5,000 Yards – Run before

Saturdays – Overdistance, 400 IM – 12,000 Yards

Daily Focus

Last 200 of every set is sprint – all out – no matter what it is

Mastery of stroke lead-in

Aggression at every wall, regardless of set

Body is always high

ABL – Always be listening...when you want to talk you aren't listening

No frustration allowed – if it doesn't work, try harder – there is no limit on how hard you can try just as there is no limit on how quickly you can give up

Test Set

You have a choice of three test sets. Whichever one you choose is the one you will do, every 2 weeks, between now and end of cycle.

Option #1 –

10 x 100 on 1:05.50

Option #2 –

5 x 200 on 2:13.50

Option #3 –

20 x 50 on :33

For whichever option you choose, note the following:

If you make an interval, you deduct one from the remaining amount. If you miss an interval, you add two to the remaining amount. For instance, if you elect to do the 10 x 100 test set and you make the first one, you get to deduct one for a remaining total of 8. If you make another one, your remaining total is 6 and so forth. Conversely, if you miss the first one, your remaining total is 11. The same scenario applies to options 2 and 3.