SWIMMING - INTERMEDIATE







Week	Monday	Tuesday	Wednesday	Thursday	Friday
1					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
			100 Kick		
	Main:		4 x 50 Finz Drill		Main:
	100 Finz		100 Kick		400 Pull
	4 x 50 20s Rest				2 x 50 40s Rest
	200 Finz		Main:		300 Pull
	4 x 50 20s Rest		12 x 100 20s Rest		4 x 50 30s Rest
	300 Finz		2 Easy/1 Fast		200 Pull
	4 x 50 20s Rest				6 x 50 20s Rest
	400 Finz		200 Easy Swim		100 Pull
	4 x 50 20s Rest				8 x 50 10s Rest
	200 Easy Swim				200 Easy Swim
	2200m		2000m		2400m
PM		200 Easy Swim		200 Easy Swim	
		100 Pull		100 Kick	
		2 x 50 Explode!		2 x 50 Explode!	
		Main:		Main:	
		6 x (150 20s Rest		4 x (100 Pull	
		(50 Fast 60s Rest		(2 x 50 Kick	
		(50 1 451 555 11651		(100 Pull	
		200 Easy Swim		(2 x 50 Fast	
		100 Kick		(2 × 30 1 430	
		2 x 50 Finz Explode		200 Easy Swim	
		2000m		2200m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
2					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
	100 Pull		100 Kick		
	2 x 50 Explode!		2 x 50 Explode!		Main:
					100 Finz
	Main:		Main:		4 x 50 20s Rest
	6 x (200 20s Rest		5 x (100 Pull		200 Finz
	(50 Fast 60s		(2 x 50 Kick		4 x 50 15s Rest
	Rest		(100 Pull		300 Finz
			(2 x 50 Fast		4 x 50 20s Rest
	200 Easy Swim				400 Finz
	100 Kick		200 Easy Swim		4 x 50 15s Rest
	2 x 50 Finz Explode				
					200 Easy Swim
	2300m		2600m		2200m
PM		200 Easy Swim		200 Easy Swim	
		100 Kick			
		4 x 50 Finz Drill		Main:	
		100 Kick		400 Pull	
				2 x 50 50s Rest	
		Main:		300 Pull	
		12 x 100 20s Rest		4 x 50 40s Rest	
		2 Easy/2 Fast		200 Pull	
				6 x 50 30s Rest	
		200 Easy Swim		100 Pull	
				8 x 50 20s Rest	
				200 Easy Swim	
		2000m		2400m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
3					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
	100 Kick				100 Pull
	4 x 50 Finz Drill		Main:		2 x 50 Explode!
	100 Kick		400 Pull		
			2 x 50 60s Rest		Main:
	Main:		300 Pull		6 x (250 20s Rest
	12 x 100 20s Rest		4 x 50 50s Rest		(50 Fast 60s Rest
	1 Easy/2 Fast		200 Pull		
			6 x 50 40s Rest		200 Easy Swim
	200 Easy Swim		100 Pull		100 Kick
			8 x 50 30s Rest		2 x 50 Finz Explode
			200 Easy Swim		
	2000m		2400m		2600m
PM		200 Easy Swim		200 Easy Swim	
		100 Kick			
		2 x 50 Explode!		Main:	
				100 Finz	
		Main:		4 x 50 20s Rest	
		4 x (100 Pull		200 Finz	
		(4 x 50 Kick		4 x 50 15s Rest	
		(100 Pull		300 Finz	
		(4 x 50 Fast		4 x 50 10s Rest	
				400 Finz	
		200 Easy Swim		4 x 50 20s Rest	
				200 5	
		2000		200 Easy Swim	
		3000m		2200m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
4					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
	100 Kick				100 Kick
	2 x 50 Explode!		Main:		4 x 50 Finz Drill
			100 Finz		100 Kick
	Main:		4 x 50 20s Rest		
	4 x (100 Pull		200 Finz		Main:
	(2 x 50 Kick		4 x 50 15s Rest		12 x 100 20s Rest
	(100 Pull		300 Finz		1 Easy/3 Fast
	(2 x 50 Fast		4 x 50 10s Rest		
			400 Finz		200 Easy Swim
	200 Easy Swim		4 x 50 5s Rest		
			200 Easy Swim		
	2200m		2200m		2000m
PM		200 Easy Swim		200 Easy Swim	
				100 Pull	
		Main:		2 x 50 Explode!	
		400 Pull			
		2 x 50 40s Rest		Main:	
		300 Pull		6 x (150 20s Rest	
		4 x 50 30s Rest		(50 Fast 60s Rest	
		200 Pull			
		6 x 50 20s Rest		200 Easy Swim	
		100 Pull		100 Kick	
		8 x 50 10s Rest		2 x 50 Finz Explode	
		200 Easy Swim			
		2400m		2000m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
5					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
			100 Pull		100 Kick
	Main:		2 x 50 Explode!		2 x 50 Explode!
	400 Pull				
	2 x 50 50s Rest		Main:		Main:
	300 Pull		6 x (200 20s Rest		3 x (100 Pull
	4 x 50 40s Rest		(50 Fast 60s Rest		(6 x 50 Kick
	200 Pull				(100 Pull
	6 x 50 30s Rest		200 Easy Swim		(6 x 50 Fast
	100 Pull		100 Kick		
	8 x 50 20s Rest		2 x 50 Finz Explode		200 Easy Swim
	200 Easy Swim				
	2400m		2300m		3000m
PM		200 Easy Swim		200 Easy Swim	
				100 Kick	
		Main:		4 x 50 Finz Drill	
		100 Finz		100 Kick	
		4 x 50 10s Rest			
		200 Finz		Main:	
		4 x 50 10s Rest		15 x 100 20s Rest	
		300 Finz		2 Easy/1 Fast	
		4 x 50 10s Rest			
		400 Finz		200 Easy Swim	
		4 x 50 10s Rest			
		200 Easy Swim			
		2200m		2300m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
6					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
			100 Kick		
	Main:		4 x 50 Finz Drill		Main:
	100 Finz		100 Kick		400 Pull
	6 x 50 20s Rest				2 x 50 60s Rest
	200 Finz		Main:		300 Pull
	6 x 50 20s Rest		16 x 100 20s Rest		4 x 50 50s Rest
	300 Finz		2 Easy/2 Fast		200 Pull
	6 x 50 20s Rest				6 x 50 40s Rest
	400 Finz		200 Easy Swim		100 Pull
	6 x 50 20s Rest				8 x 50 30s Rest
	200 Easy Swim				200 Easy Swim
	2600m		2400m		2400m
PM		200 Easy Swim		200 Easy Swim	
		100 Pull		100 Kick	
		2 x 50 Explode!		2 x 50 Explode!	
		Main:		Main:	
		6 x (250 20s Rest		4 x (100 Pull	
		(50 Fast 60s Rest		(2 x 50 Kick	
				(100 Pull	
		200 Easy Swim		(2 x 50 Fast	
		100 Kick			
		2 x 50 Finz Explode		200 Easy Swim	
		2600m		2200m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	200 5 6		200 5		200 5
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
	100 Pull		100 Kick		N.A. i.e.
	2 x 50 Explode!		2 x 50 Explode!		Main:
	Main		Main		100 Finz
	Main:		Main:		6 x 50 20s Rest 200 Finz
	6 x (150 20s Rest		5 x (100 Pull		
	(50 Fast 60s		(2 x 50 Kick		6 x 50 15s Rest
	Rest		(100 Pull		300 Finz 6 x 50 20s Rest
	200 Face Cooling		(2 x 50 Fast		400 Finz
	200 Easy Swim 100 Kick		200 Facy Cyrim		6 x 50 15s Rest
			200 Easy Swim		6 X 50 158 Rest
	2 x 50 Finz Explode				200 Easy Swim
	2000m		2600m		2600m
PM	2000111	200 Easy Swim	2000111	200 Easy Swim	2000111
		100 Kick		200 200, 541111	
		4 x 50 Finz Drill		Main:	
		100 Kick		400 Pull	
				2 x 50 40s Rest	
		Main:		300 Pull	
		15 x 100 20s Rest		4 x 50 30s Rest	
		1 Easy/2 Fast		200 Pull	
		,,		6 x 50 20s Rest	
		200 Easy Swim		100 Pull	
		,		8 x 50 10s Rest	
				200 Easy Swim	
		2300m		2400m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
	100 Kick				100 Pull
	4 x 50 Finz Drill		Main:		2 x 50 Explode!
	100 Kick		400 Pull		
			2 x 50 50s Rest		Main:
	Main:		300 Pull		6 x (200 20s Rest
	16 x 100 20s Rest		4 x 50 40s Rest		(50 Fast 60s Rest
	1 Easy/3 Fast		200 Pull		
			6 x 50 30s Rest		200 Easy Swim
	200 Easy Swim		100 Pull		100 Kick
			8 x 50 20s Rest		2 x 50 Finz Explode
			200 Easy Swim		
	2400m		2400m		2300m
PM		200 Easy Swim		200 Easy Swim	
		100 Kick			
		2 x 50 Explode!		Main:	
				100 Finz	
		Main:		6 x 50 20s Rest	
		4 x (100 Pull		200 Finz	
		(4 x 50 Kick		6 x 50 15s Rest	
		(100 Pull		300 Finz	
		(4 x 50 Fast		6 x 50 10s Rest	
				400 Finz	
		200 Easy Swim		6 x 50 20s Rest	
				200 5	
		2002		200 Easy Swim	
		3000m		2600m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
	100 Kick				100 Kick
	2 x 50 Explode!		Main:		4 x 50 Finz Drill
			100 Finz		100 Kick
	Main:		6 x 50 20s Rest		
	3 x (100 Pull		200 Finz		Main:
	(6 x 50 Kick		6 x 50 15s Rest		18 x 100 20s Rest
	(100 Pull		300 Finz		2 Easy/1 Fast
	(6 x 50 Fast		6 x 50 10s Rest		
			400 Finz		200 Easy Swim
	200 Easy Swim		6 x 50 5s Rest		
			200 Easy Swim		
	3000m		2600m		2600m
PM		200 Easy Swim		200 Easy Swim	
				100 Pull	
		Main:		2 x 50 Explode!	
		400 Pull			
		2 x 50 60s Rest		Main:	
		300 Pull		6 x (250 20s Rest	
		4 x 50 50s Rest		(50 Fast 60s Rest	
		200 Pull			
		6 x 50 40s Rest		200 Easy Swim	
		100 Pull		100 Kick	
		8 x 50 30s Rest		2 x 50 Finz Explode	
		200 Easy Swim			
		2400m		2600m	

Week	Monday	Tuesday	Wednesday	Thursday	Friday
10					
AM	200 Easy Swim		200 Easy Swim		200 Easy Swim
			100 Pull		100 Kick
	Main:		2 x 50 Explode!		2 x 50 Explode!
	400 Pull				
	2 x 50 20s Rest		Main:		Main:
	300 Pull		6 x (150 20s Rest		4 x (100 Pull
	2 x 50 20s Rest		(50 Fast 60s Rest		(2 x 50 Kick
	200 Pull				(100 Pull
	2 x 50 20s Rest		200 Easy Swim		(2 x 50 Fast
	100 Pull		100 Kick		
	2 x 50 20s Rest		2 x 50 Finz Explode		200 Easy Swim
	200 Easy Swim				
	1800m		2000m		2200m
PM		200 Easy Swim		200 Easy Swim	
				100 Kick	
		Main:		4 x 50 Finz Drill	
		100 Finz		100 Kick	
		8 x 50 10s Rest			
		200 Finz		Main:	
		6 x 50 20s Rest		12 x 100 20s Rest	
		300 Finz		3 Easy/1 Fast	
		4 x 50 30s Rest			
		400 Finz		200 Easy Swim	
		2 x 50 40s Rest			
		200 Easy Swim			
		2400m		2000m	