ONVOUS / SWIM CLUB

52 WEEKS IN THE LANE.

3 SWIMS / WEEK - YARDS OR METERS

A progressive one-year program for adult lap swimmers. Technique, aerobic strength, threshold, speed, and durable endurance.

EDITION 01 / AUGUST 2026

START HERE.
STAY CONSISTENT.

WHO IT IS FOR

Adults who can swim at least 200 continuously with controlled breathing and are comfortable sharing a lap lane. New swimmers should work with a qualified instructor before using this program.

POOL LENGTH

Every distance can be completed in yards or meters. Pick one unit and use it consistently. A 25-meter version is about 9 percent longer than the same written yard workout; that is expected.

WEEKLY SCHEDULE

Complete Swims A, B, and C in order. Keep at least one easy or rest day between demanding sessions. If you miss a week, repeat the last fully completed week instead of jumping ahead.

SCALING

Need less? Remove 25 percent of the MAIN set while keeping the warm-up and cooldown. Need more? Do not add volume until you complete two consecutive weeks with stable form and normal recovery.

EFFORT

RPE uses a 1-10 scale: 3 is easy, 5 is steady, 7 is strong and sustainable, 9 is very hard with full control. No workout requires an all-out effort except an explicitly labeled benchmark.

READ ANY SET.

Every line tells you how many times to repeat a swim, how far to go, how hard to work, and how long to rest.

ONE LINE, EXPLAINED

4 x 50 build, :20 rest

4 x

Repeat it four times.

50

Swim 50 each time.

BUILD

Start easy; finish faster.

:20 REST

Rest 20 seconds after each 50.

TERM	WHAT IT MEANS
25 / 50 / 100	The distance to swim in your pool's unit. In a 25-yard pool, a 50 is two lengths and a 100 is four lengths.
LENGTH	One trip from one end of the pool to the other. A lap is sometimes used differently, so this program uses distance instead.
4 x 50	Swim 50 four separate times. Follow the listed rest or easy recovery after every 50.
:15 / :20 REST	Stop for 15 or 20 seconds after each repeat. Start counting when you touch the wall.
CHOICE	Choose any stroke you can swim safely and comfortably.
FREESTYLE	Front crawl unless the workout specifically says choice.
BY 25 / BY 50	Change the instruction after every 25 or 50. For example, fast/easy by 50 means one fast 50, then one easy 50.

EFFORT, MADE CLEAR.

Use these words to choose an effort you can control. Technique and safe breathing matter more than chasing a number.

TERM	WHAT IT MEANS
EASY / SMOOTH	Relaxed and controlled. You should finish feeling able to continue.
MODERATE / STEADY	A sustainable working effort. Your breathing is deeper, but your pace and technique stay controlled.
STRONG / FAST	Challenging but controlled. Fast does not automatically mean an all-out sprint.
SPRINT	Near-maximum speed for a short distance while keeping safe, stable technique.
BUILD	Begin one repeat easy and gradually increase speed within that same repeat, finishing strong.
DESCEND	Make each repeat faster than the one before it. In 4 x 50 descend, the first is easiest and the fourth is fastest.
HOLD	Keep the same target pace, effort, or technique on every repeat.
PACE	The speed or time you aim to repeat consistently.
SPLIT	The time for one part of a longer swim, such as each 100 within a 400.
NEGATIVE SPLIT	Swim the second half of the distance faster than the first half.
RPE 1-10	Your rating of effort: 1 is extremely easy, 5-6 is steady to challenging, 8 is strong, and 10 is your maximum.
AEROBIC / THRESHOLD	Aerobic is sustainable conditioning. Threshold is a hard, repeatable pace with short rest. Slow down if your technique falls apart.

SKILLS + DRILLS.

Drills are practice, not tests. Move slowly, stay relaxed, and ask a qualified swim instructor for help when a movement is unfamiliar.

TERM	WHAT IT MEANS
WARM-UP / COOL-DOWN	Warm-up is easy swimming at the beginning. Cool-down is very easy swimming at the end.
RECOVERY	Intentionally easy swimming or rest that helps you prepare for the next harder effort.
BENCHMARK	A repeatable test swim used to track your own progress over time, not a race against anyone else.
DRILL	A slower, skill-focused movement used to practice one part of your stroke.
KICK	Use mainly your legs. Use a kickboard only if it is comfortable and familiar.
PULL	Use mainly your arms, usually with a pull buoy held between the thighs if one is available and familiar.
STROKE COUNT	Count how many arm strokes you take for one length. Aim for consistency and control, not simply the lowest number.
CATCH-UP	A freestyle drill: keep the front arm extended until the recovering hand nearly meets it, then begin the next stroke.
FINGERTIP DRAG	A freestyle drill: during arm recovery, keep the elbow relaxed and lightly skim the water with your fingertips.
6-KICK SWITCH	Balance on one side for six kicks, then rotate and change the leading arm. Move slowly and stay relaxed.
SCULL 1	With arms near the front of the stroke, make small inward-and-outward sweeps with the hands and forearms to feel pressure on the water.
SINGLE-ARM / FIST	Single-arm uses one arm while the other rests; switch sides as written. Fist drill means freestyle with gently closed hands, then normal swimming.
BREAKOUT	The first strokes as you rise after pushing off the wall. Keep it smooth; do not add prolonged underwater breath-holding.
PADDLES OPTIONAL	Hand paddles add resistance. Skip them unless you have used them comfortably and can keep your shoulders pain-free.
BILATERAL BREATHING	Practice breathing to both sides, often by alternating sides over several breaths. Use a safe pattern and never hold your breath to force it.

SAFETY IS PART OF THE SET.

BUDDY AND SUPERVISION

Never swim alone. Use a supervised pool or designated swimming location with a lifeguard whenever possible. Open water requires additional skills, conditions review, visibility equipment, and an appropriate support plan.

HEALTH

Obtain medical guidance if you have a chronic condition, are returning after a long break, are pregnant or postpartum, take medication that affects exercise or alertness, or have any concern about strenuous swimming.

STOP SIGNALS

Stop immediately for chest pain or pressure, unusual or severe shortness of breath, faintness, dizziness, confusion, unusual exhaustion, or a fast or irregular heartbeat. Seek prompt medical care; call emergency services for severe symptoms.

NO BREATH-HOLD SETS

Do not hyperventilate before swimming underwater and do not perform prolonged underwater breath-holding. This program intentionally excludes hypoxic and prolonged underwater sets.

SOURCES

CDC Drowning Prevention: cdc.gov/drowning/prevention/ - U.S. Physical Activity Guidelines: health.gov/paguidelines/second-edition/ - Accessed August 2026.

THE YEAR AT A GLANCE.

BLOCK 01 / WEEKS 01-13

FOUNDATION 01

Technique first. Build consistency before intensity.

BLOCK 02 / WEEKS 14-26

AEROBIC STRENGTH 02

Add sustainable volume and a firmer catch.

BLOCK 03 / WEEKS 27-39

THRESHOLD + SPEED 03

Hold form while pace rises and rest falls.

BLOCK 04 / WEEKS 40-52

ENDURANCE + PERFORMANCE 04

Turn the year's work into durable, repeatable speed.

WEEKLY RHYTHM

Swim A develops mechanics and sustainable pace. Swim B introduces threshold or speed. Swim C extends endurance. Keep one easy or rest day between hard sessions.

WEEK 01

FIND YOUR LINE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 1,700 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 as 25 catch-up / 25 swim, :15 rest	300
MAIN	6 x 100 smooth aerobic, :20 rest; hold stroke count	600
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 1,700 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	8 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	600
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,100 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	3 x 300 steady, :30 rest; last 50 slightly stronger	900
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 02

QUIET THE KICK

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 1,900 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 as 6-kick switch, :15 rest	300
MAIN	8 x 100 smooth aerobic, :20 rest; hold stroke count	800
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 1,850 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	10 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	750
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,400 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	4 x 300 steady, :30 rest; last 50 slightly stronger	1,200
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 03

HOLD THE WATER

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 2,100 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 fingertip drag into long swim, :15 rest	300
MAIN	10 x 100 smooth aerobic, :20 rest; hold stroke count	1,000
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 2,000 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	12 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	900
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,700 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	5 x 300 steady, :30 rest; last 50 slightly stronger	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 04

ABSORB AND RESET

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / LINE + RHYTHM — 1,700 / RPE 3-4

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 scull 1 into freestyle, :20 rest	300
MAIN	6 x 100 smooth aerobic, :20 rest; hold stroke count	600
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 1,700 / RPE 4

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	8 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	600
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,100 / RPE 4

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	3 x 300 steady, :30 rest; last 50 slightly stronger	900
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 05

BILATERAL RHYTHM

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 1,900 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 single-arm, alternate sides by 25, :15 rest	300
MAIN	8 x 100 smooth aerobic, :20 rest; hold stroke count	800
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 1,850 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	10 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	750
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,400 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	4 x 300 steady, :30 rest; last 50 slightly stronger	1,200
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 06

LENGTH UNDER LOAD

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 2,100 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 as 25 fist / 25 swim, :15 rest	300
MAIN	10 x 100 smooth aerobic, :20 rest; hold stroke count	1,000
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 2,000 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	12 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	900
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,700 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	5 x 300 steady, :30 rest; last 50 slightly stronger	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 07

FINISH EACH STROKE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 2,300 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 as 25 catch-up / 25 swim, :15 rest	300
MAIN	12 x 100 smooth aerobic, :20 rest; hold stroke count	1,200
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 2,150 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	14 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	1,050
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,700 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	5 x 300 steady, :30 rest; last 50 slightly stronger	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 08

RECOVERY AND FEEL

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / LINE + RHYTHM — 1,700 / RPE 3-4

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 as 6-kick switch, :15 rest	300
MAIN	6 x 100 smooth aerobic, :20 rest; hold stroke count	600
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 1,700 / RPE 4

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	8 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	600
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,100 / RPE 4

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	3 x 300 steady, :30 rest; last 50 slightly stronger	900
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 09

EVEN PACING

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 2,100 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 fingertip drag into long swim, :15 rest	300
MAIN	10 x 100 smooth aerobic, :20 rest; hold stroke count	1,000
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 2,000 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	12 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	900
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,700 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	5 x 300 steady, :30 rest; last 50 slightly stronger	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 10

STRONGER WALLS

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 2,300 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 scull 1 into freestyle, :20 rest	300
MAIN	12 x 100 smooth aerobic, :20 rest; hold stroke count	1,200
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 2,150 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	14 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	1,050
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,700 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	5 x 300 steady, :30 rest; last 50 slightly stronger	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 11

RELAX AT SPEED

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / LINE + RHYTHM — 2,300 / RPE 4-6

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 single-arm, alternate sides by 25, :15 rest	300
MAIN	12 x 100 smooth aerobic, :20 rest; hold stroke count	1,200
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 2,150 / RPE 5-7

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	14 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	1,050
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,700 / RPE 5-6

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	5 x 300 steady, :30 rest; last 50 slightly stronger	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 12

FRESHEN THE SYSTEM

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / LINE + RHYTHM — 1,700 / RPE 3-4

Build an economical stroke before adding effort.

WARM	200 easy + 4 x 25 build, :15 rest	300
SKILL	6 x 50 as 25 fist / 25 swim, :15 rest	300
MAIN	6 x 100 smooth aerobic, :20 rest; hold stroke count	600
PULL	4 x 50 steady pull, :15 rest	200
FINISH	4 x 25 build to strong, :25 rest	100
COOL	200 very easy choice	200

B / PACE CONTROL — 1,700 / RPE 4

Learn the difference between smooth, strong, and fast.

WARM	300 easy choice	300
PREP	4 x 50 as 25 drill / 25 swim, :15 rest	200
MAIN	8 x 75 as 25 smooth / 25 strong / 25 smooth, :20 rest	600
SPEED	8 x 25 fast with perfect form, :30 rest	200
KICK	4 x 50 easy-moderate kick, :20 rest	200
COOL	200 easy	200

C / LONG LANE — 2,100 / RPE 4

Stay relaxed as the repeats get longer.

WARM	400 easy, choice by 100	400
SKILL	4 x 50 long freestyle, count strokes	200
MAIN	3 x 300 steady, :30 rest; last 50 slightly stronger	900
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 very easy	200

WEEK 13

BASELINE BENCHMARK

Benchmark week. Keep conditions consistent and record every requested split.

A / 400 CONTROL — 1,600 / RPE 7

Record time and 100 splits. Stay technically clean.

WARM	300 easy + 4 x 50 build, :15 rest	500
PRIME	4 x 25 fast but relaxed, :30 rest	100
TEST	1 x 400 best sustainable effort; record each 100	400
RESET	4 x 100 easy pull, :20 rest	400
COOL	200 very easy choice	200

B / FORM UNDER PACE — 2,100 / RPE 7

Repeat good mechanics without chasing failure.

WARM	300 easy + 4 x 50 drill	500
MAIN	12 x 100 at strong, even pace, :20 rest	1,200
SPEED	8 x 25 fast from a clean push, :30 rest	200
COOL	200 easy	200

C / 1000 STEADY — 2,200 / RPE 6

Set a calm endurance baseline; no sprint finish needed.

WARM	400 easy choice	400
PREP	4 x 100 as 50 pull / 50 swim, :15 rest	400
TEST	1 x 1000 steady; record each 200 split	1,000
EASY	4 x 50 choice	200
COOL	200 very easy	200

WEEK 14

BUILD THE ENGINE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 2,500 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 as 6-kick switch, :15 rest	**300**
MAIN	10 x 100 steady-strong, :15 rest; descend each group of 4	**1,000**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 2,400 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	6 x 150 at threshold rhythm, :20 rest	**900**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 2,500 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	3 x 400 negative split each repeat, :30 rest	**1,200**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 15

CONNECT THE CATCH

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 2,700 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 fingertip drag into long swim, :15 rest	**300**
MAIN	12 x 100 steady-strong, :15 rest; descend each group of 4	**1,200**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 2,700 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	8 x 150 at threshold rhythm, :20 rest	**1,200**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 2,900 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	4 x 400 negative split each repeat, :30 rest	**1,600**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 16

SUSTAIN PRESSURE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 2,900 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 scull 1 into freestyle, :20 rest	**300**
MAIN	14 x 100 steady-strong, :15 rest; descend each group of 4	**1,400**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 3,000 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	10 x 150 at threshold rhythm, :20 rest	**1,500**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 3,300 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	5 x 400 negative split each repeat, :30 rest	**2,000**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 17

ABSORB AND RESET

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / AEROBIC PRESSURE — 2,500 / RPE 4-5

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 single-arm, alternate sides by 25, :15 rest	**300**
MAIN	10 x 100 steady-strong, :15 rest; descend each group of 4	**1,000**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 2,400 / RPE 5

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	6 x 150 at threshold rhythm, :20 rest	**900**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 2,500 / RPE 4-5

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	3 x 400 negative split each repeat, :30 rest	**1,200**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 18

OWN THE MIDDLE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 2,700 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 as 25 fist / 25 swim, :15 rest	**300**
MAIN	12 x 100 steady-strong, :15 rest; descend each group of 4	**1,200**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 2,700 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	8 x 150 at threshold rhythm, :20 rest	**1,200**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 2,900 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	4 x 400 negative split each repeat, :30 rest	**1,600**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 19

PULL WITH PURPOSE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 2,900 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 as 25 catch-up / 25 swim, :15 rest	**300**
MAIN	14 x 100 steady-strong, :15 rest; descend each group of 4	**1,400**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 3,000 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	10 x 150 at threshold rhythm, :20 rest	**1,500**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 3,300 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	5 x 400 negative split each repeat, :30 rest	**2,000**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 20

CONTROLLED DISCOMFORT

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 3,100 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 as 6-kick switch, :15 rest	**300**
MAIN	16 x 100 steady-strong, :15 rest; descend each group of 4	**1,600**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 3,300 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	12 x 150 at threshold rhythm, :20 rest	**1,800**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 3,300 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	5 x 400 negative split each repeat, :30 rest	**2,000**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 21

RECOVERY AND FEEL

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / AEROBIC PRESSURE — 2,500 / RPE 4-5

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 fingertip drag into long swim, :15 rest	**300**
MAIN	10 x 100 steady-strong, :15 rest; descend each group of 4	**1,000**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 2,400 / RPE 5

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	6 x 150 at threshold rhythm, :20 rest	**900**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 2,500 / RPE 4-5

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	3 x 400 negative split each repeat, :30 rest	**1,200**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 22

NEGATIVE SPLIT

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 2,900 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 scull 1 into freestyle, :20 rest	**300**
MAIN	14 x 100 steady-strong, :15 rest; descend each group of 4	**1,400**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 3,000 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	10 x 150 at threshold rhythm, :20 rest	**1,500**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 3,300 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	5 x 400 negative split each repeat, :30 rest	**2,000**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 23

STRENGTH AT TEMPO

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 3,100 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 single-arm, alternate sides by 25, :15 rest	**300**
MAIN	16 x 100 steady-strong, :15 rest; descend each group of 4	**1,600**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 3,300 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	12 x 150 at threshold rhythm, :20 rest	**1,800**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 3,300 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	5 x 400 negative split each repeat, :30 rest	**2,000**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 24

THRESHOLD CONFIDENCE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / AEROBIC PRESSURE — 3,100 / RPE 5-7

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 as 25 fist / 25 swim, :15 rest	**300**
MAIN	16 x 100 steady-strong, :15 rest; descend each group of 4	**1,600**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 3,300 / RPE 6-8

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	12 x 150 at threshold rhythm, :20 rest	**1,800**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 3,300 / RPE 5-7

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	5 x 400 negative split each repeat, :30 rest	**2,000**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 25

FRESHEN THE SYSTEM

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / AEROBIC PRESSURE — 2,500 / RPE 4-5

Keep the catch connected as volume rises.

WARM	300 easy + 4 x 25 build	**400**
SKILL	6 x 50 as 25 catch-up / 25 swim, :15 rest	**300**
MAIN	10 x 100 steady-strong, :15 rest; descend each group of 4	**1,000**
PULL	4 x 100 pull with paddles optional, :20 rest	**400**
KICK	4 x 50 kick, strong middle 25	**200**
COOL	200 easy	**200**

B / THRESHOLD RHYTHM — 2,400 / RPE 5

Settle into repeatable discomfort without losing length.

WARM	400 easy choice	**400**
PREP	6 x 50 build 1-3 twice, :20 rest	**300**
MAIN	6 x 150 at threshold rhythm, :20 rest	**900**
PULL	4 x 100 smooth-moderate pull	**400**
SPEED	8 x 25 quick, full :30 rest	**200**
COOL	200 easy	**200**

C / ENDURANCE BLOCK — 2,500 / RPE 4-5

Build the confidence to stay composed in long repeats.

WARM	400 easy + 4 x 25 build	**500**
SKILL	6 x 50 as 25 drill / 25 swim	**300**
MAIN	3 x 400 negative split each repeat, :30 rest	**1,200**
FINISH	6 x 50 descend 1-3 twice, :20 rest	**300**
COOL	200 very easy	**200**

WEEK 26

AEROBIC BENCHMARK

Benchmark week. Keep conditions consistent and record every requested split.

A / CSS CHECK — 2,000 / RPE 8

Use the 400 and 200 to estimate sustainable pace.

WARM	500 easy with 4 x 50 build	500
PRIME	6 x 50 at strong pace, :20 rest	300
TEST 1	1 x 400 time trial; record time	400
RESET	300 very easy	300
TEST 2	1 x 200 time trial; record time	200
COOL	300 easy choice	300

B / THRESHOLD HOLD — 2,800 / RPE 7-8

Aim for the same pace from the first rep to the last.

WARM	400 easy + 6 x 50 drill	700
MAIN	15 x 100 at threshold, :15-:20 rest	1,500
PULL	4 x 100 smooth pull, :20 rest	400
COOL	200 easy	200

C / 2000 NEGATIVE — 3,200 / RPE 6-7

Swim the second 1000 slightly faster than the first.

WARM	500 easy choice	500
PREP	4 x 100 build, :20 rest	400
TEST	1 x 2000 negative split; record each 500	2,000
COOL	300 very easy	300

WEEK 27

FAST WITH FORM

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 2,500 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 fingertip drag into long swim, :15 rest	300
MAIN	12 x 100 threshold, :15 rest; no fade over 2 sec	1,200
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,400 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	16 x 50 fast/easy by 50, :25 rest after fast	800
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 2,900 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	4 x 400 as 300 steady + 100 strong, :35 rest	1,600
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 28

CHANGE GEARS

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 2,700 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 scull 1 into freestyle, :20 rest	300
MAIN	14 x 100 threshold, :15 rest; no fade over 2 sec	1,400
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,600 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	20 x 50 fast/easy by 50, :25 rest after fast	1,000
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,300 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	5 x 400 as 300 steady + 100 strong, :35 rest	2,000
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 29

RACE THE BREAKOUT

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 2,900 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 single-arm, alternate sides by 25, :15 rest	300
MAIN	16 x 100 threshold, :15 rest; no fade over 2 sec	1,600
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,800 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	24 x 50 fast/easy by 50, :25 rest after fast	1,200
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,700 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	6 x 400 as 300 steady + 100 strong, :35 rest	2,400
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 30

ABSORB AND RESET

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / THRESHOLD HOLD — 2,500 / RPE 5

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 as 25 fist / 25 swim, :15 rest	300
MAIN	12 x 100 threshold, :15 rest; no fade over 2 sec	1,200
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,400 / RPE 5-6

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	16 x 50 fast/easy by 50, :25 rest after fast	800
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 2,900 / RPE 5

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	4 x 400 as 300 steady + 100 strong, :35 rest	1,600
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 31

THRESHOLD CONTROL

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 2,700 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 as 25 catch-up / 25 swim, :15 rest	300
MAIN	14 x 100 threshold, :15 rest; no fade over 2 sec	1,400
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,600 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	20 x 50 fast/easy by 50, :25 rest after fast	1,000
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,300 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	5 x 400 as 300 steady + 100 strong, :35 rest	2,000
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 32

SPEED ENDURANCE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 2,900 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 as 6-kick switch, :15 rest	300
MAIN	16 x 100 threshold, :15 rest; no fade over 2 sec	1,600
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,800 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	24 x 50 fast/easy by 50, :25 rest after fast	1,200
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,700 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	6 x 400 as 300 steady + 100 strong, :35 rest	2,400
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 33

CLOSE THE GAP

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 3,100 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 fingertip drag into long swim, :15 rest	300
MAIN	18 x 100 threshold, :15 rest; no fade over 2 sec	1,800
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 3,000 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	28 x 50 fast/easy by 50, :25 rest after fast	1,400
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,700 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	6 x 400 as 300 steady + 100 strong, :35 rest	2,400
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 34

RECOVERY AND FEEL

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / THRESHOLD HOLD — 2,500 / RPE 5

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 scull 1 into freestyle, :20 rest	300
MAIN	12 x 100 threshold, :15 rest; no fade over 2 sec	1,200
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,400 / RPE 5-6

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	16 x 50 fast/easy by 50, :25 rest after fast	800
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 2,900 / RPE 5

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	4 x 400 as 300 steady + 100 strong, :35 rest	1,600
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 35

HOLD PACE LATE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 2,900 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 single-arm, alternate sides by 25, :15 rest	300
MAIN	16 x 100 threshold, :15 rest; no fade over 2 sec	1,600
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,800 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	24 x 50 fast/easy by 50, :25 rest after fast	1,200
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,700 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	6 x 400 as 300 steady + 100 strong, :35 rest	2,400
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 36

CLEAN VELOCITY

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 3,100 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 as 25 fist / 25 swim, :15 rest	300
MAIN	18 x 100 threshold, :15 rest; no fade over 2 sec	1,800
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 3,000 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	28 x 50 fast/easy by 50, :25 rest after fast	1,400
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,700 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	6 x 400 as 300 steady + 100 strong, :35 rest	2,400
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 37

BROKEN RACE WORK

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / THRESHOLD HOLD — 3,100 / RPE 6-8

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 as 25 catch-up / 25 swim, :15 rest	300
MAIN	18 x 100 threshold, :15 rest; no fade over 2 sec	1,800
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 3,000 / RPE 7-9

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	28 x 50 fast/easy by 50, :25 rest after fast	1,400
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 3,700 / RPE 6-8

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	6 x 400 as 300 steady + 100 strong, :35 rest	2,400
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 38

FRESHEN THE SYSTEM

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / THRESHOLD HOLD — 2,500 / RPE 5

Hold pace when rest is short and the lane gets loud.

WARM	400 easy choice	400
SKILL	6 x 50 as 6-kick switch, :15 rest	300
MAIN	12 x 100 threshold, :15 rest; no fade over 2 sec	1,200
PACE	8 x 50 as 25 fast / 25 easy, :20 rest	400
COOL	200 easy	200

B / CLEAN VELOCITY — 2,400 / RPE 5-6

Speed comes from alignment, timing, and complete recovery.

WARM	400 easy + 4 x 25 build	500
PREP	6 x 50 drill into fast breakout, :25 rest	300
MAIN	16 x 50 fast/easy by 50, :25 rest after fast	800
SPEED	8 x 25 fast from a clean push, :35 rest	200
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / BROKEN DISTANCE — 2,900 / RPE 5

Accumulate long-set volume while protecting pace.

WARM	500 easy choice	500
PREP	6 x 50 build, :20 rest	300
MAIN	4 x 400 as 300 steady + 100 strong, :35 rest	1,600
FINISH	6 x 50 choice, descend 1-3 twice	300
COOL	200 very easy	200

WEEK 39

SPEED BENCHMARK

Benchmark week. Keep conditions consistent and record every requested split.

A / 100 SPEED — 2,600 / RPE 9

Record a fast but legal push-start 100.

WARM	500 easy + 6 x 50 build	800
PRIME	8 x 25 fast, full :40 rest	200
TEST	1 x 100 fast from a push; record time	100
RESET	400 easy	400
QUALITY	8 x 100 strong, :30 rest	800
COOL	300 easy	300

B / BROKEN 400 — 2,700 / RPE 8-9

Add the four 100 times; compare with Week 13.

WARM	500 easy with drill by 50	500
PREP	6 x 50 descend 1-3 twice	300
TEST	4 x 100 fast, exactly :20 rest; record each	400
AEROBIC	10 x 100 easy-strong by 50, :15 rest	1,000
SPEED	8 x 25 clean speed, :30 rest	200
COOL	300 easy	300

C / 1500 STEADY — 3,200 / RPE 6-7

Hold stroke count and posture across the full swim.

WARM	500 easy choice	500
PREP	6 x 100 pull, :15 rest	600
TEST	1 x 1500 steady; record each 300 split	1,500
FINISH	6 x 50 build, :20 rest	300
COOL	300 easy	300

WEEK 40

DURABLE DISTANCE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 2,800 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	12 x 100 at goal sustainable pace, :15 rest	**1,200**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 2,800 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	8 x 150 at strong even pace, :20 rest	**1,200**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 3,200 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	3 x 600, descend by 200 within each, :40 rest	**1,800**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 41

PRESSURE AND POISE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,000 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	14 x 100 at goal sustainable pace, :15 rest	**1,400**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,100 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	10 x 150 at strong even pace, :20 rest	**1,500**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 3,800 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	4 x 600, descend by 200 within each, :40 rest	**2,400**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 42

HOLD THE LINE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,200 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	16 x 100 at goal sustainable pace, :15 rest	**1,600**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,400 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	12 x 150 at strong even pace, :20 rest	**1,800**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 4,400 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	5 x 600, descend by 200 within each, :40 rest	**3,000**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 43

ABSORB AND RESET

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / DURABLE PACE — 2,800 / RPE 5

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	12 x 100 at goal sustainable pace, :15 rest	**1,200**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 2,800 / RPE 5-6

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	8 x 150 at strong even pace, :20 rest	**1,200**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 3,200 / RPE 5

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	3 x 600, descend by 200 within each, :40 rest	**1,800**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 44

LONG-SET CONFIDENCE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,000 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	14 x 100 at goal sustainable pace, :15 rest	**1,400**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,100 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	10 x 150 at strong even pace, :20 rest	**1,500**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 3,800 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	4 x 600, descend by 200 within each, :40 rest	**2,400**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 45

PACE PRECISION

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,200 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	16 x 100 at goal sustainable pace, :15 rest	**1,600**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,400 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	12 x 150 at strong even pace, :20 rest	**1,800**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 4,400 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	5 x 600, descend by 200 within each, :40 rest	**3,000**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 46

FINISH STRONGER

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,400 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	18 x 100 at goal sustainable pace, :15 rest	**1,800**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,700 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	14 x 150 at strong even pace, :20 rest	**2,100**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 4,400 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	5 x 600, descend by 200 within each, :40 rest	**3,000**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 47

RECOVERY AND FEEL

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / DURABLE PACE — 2,800 / RPE 5

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	500
SKILL	8 x 50 mixed drill, :15 rest	400
MAIN	12 x 100 at goal sustainable pace, :15 rest	1,200
PULL	5 x 100 pull, descend 1-5	500
COOL	200 easy	200

B / PACE PRECISION — 2,800 / RPE 5-6

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	400
PREP	6 x 50 build, :20 rest	300
MAIN	8 x 150 at strong even pace, :20 rest	1,200
SPEED	12 x 25 fast/easy by 25, :25 rest	300
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / LONG CONFIDENCE — 3,200 / RPE 5

Stay patient early and earn a faster finish.

WARM	500 easy choice	500
PREP	6 x 50 long and smooth	300
MAIN	3 x 600, descend by 200 within each, :40 rest	1,800
FINISH	4 x 100 strong, :25 rest	400
COOL	200 very easy	200

WEEK 48

PEAK ENDURANCE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,200 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	16 x 100 at goal sustainable pace, :15 rest	**1,600**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,400 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	12 x 150 at strong even pace, :20 rest	**1,800**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 4,400 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	5 x 600, descend by 200 within each, :40 rest	**3,000**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 49

RACE REHEARSAL

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,400 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	18 x 100 at goal sustainable pace, :15 rest	**1,800**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,700 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	14 x 150 at strong even pace, :20 rest	**2,100**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 4,400 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	5 x 600, descend by 200 within each, :40 rest	**3,000**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 50

SHARPEN THE EDGE

Complete the three swims with at least one easy or rest day between hard sessions. Quality beats forced volume.

A / DURABLE PACE — 3,400 / RPE 6-8

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	**500**
SKILL	8 x 50 mixed drill, :15 rest	**400**
MAIN	18 x 100 at goal sustainable pace, :15 rest	**1,800**
PULL	5 x 100 pull, descend 1-5	**500**
COOL	200 easy	**200**

B / PACE PRECISION — 3,700 / RPE 7-9

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	**400**
PREP	6 x 50 build, :20 rest	**300**
MAIN	14 x 150 at strong even pace, :20 rest	**2,100**
SPEED	12 x 25 fast/easy by 25, :25 rest	**300**
PULL	4 x 100 smooth pull	**400**
COOL	200 easy	**200**

C / LONG CONFIDENCE — 4,400 / RPE 6-8

Stay patient early and earn a faster finish.

WARM	500 easy choice	**500**
PREP	6 x 50 long and smooth	**300**
MAIN	5 x 600, descend by 200 within each, :40 rest	**3,000**
FINISH	4 x 100 strong, :25 rest	**400**
COOL	200 very easy	**200**

WEEK 51

TAPER AND TRUST

Recovery week. Reduce urgency, protect technique, and leave the pool feeling better than you arrived.

A / DURABLE PACE — 2,800 / RPE 5

Make strong pace look calm and repeatable.

WARM	400 easy + 4 x 25 build	500
SKILL	8 x 50 mixed drill, :15 rest	400
MAIN	12 x 100 at goal sustainable pace, :15 rest	1,200
PULL	5 x 100 pull, descend 1-5	500
COOL	200 easy	200

B / PACE PRECISION — 2,800 / RPE 5-6

Hit the same split repeatedly, then close with speed.

WARM	400 easy choice	400
PREP	6 x 50 build, :20 rest	300
MAIN	8 x 150 at strong even pace, :20 rest	1,200
SPEED	12 x 25 fast/easy by 25, :25 rest	300
PULL	4 x 100 smooth pull	400
COOL	200 easy	200

C / LONG CONFIDENCE — 3,200 / RPE 5

Stay patient early and earn a faster finish.

WARM	500 easy choice	500
PREP	6 x 50 long and smooth	300
MAIN	3 x 600, descend by 200 within each, :40 rest	1,800
FINISH	4 x 100 strong, :25 rest	400
COOL	200 very easy	200

WEEK 52

FINAL BENCHMARK

Benchmark week. Keep conditions consistent and record every requested split.

A / FINAL 400 + 200 — 2,100 / RPE 8-9

Repeat the Week 26 protocol under the same conditions.

WARM	500 easy with 4 x 50 build	500
PRIME	6 x 50 strong, :20 rest	300
TEST 1	1 x 400 time trial; record time	400
RESET	300 very easy	300
TEST 2	1 x 200 time trial; record time	200
COOL	400 easy choice	400

B / BEST REPEAT — 3,300 / RPE 7-8

Choose your favorite main set and execute it better.

WARM	500 easy + 6 x 50 drill	800
MAIN	16 x 100 at best sustainable pace, :15 rest	1,600
SPEED	8 x 25 fast, full :35 rest	200
PULL	4 x 100 smooth	400
COOL	300 easy	300

C / YEAR-END 3000 — 4,300 / RPE 6-8

Even first half, confident second half. Record each 500.

WARM	500 easy choice	500
PREP	4 x 100 build, :20 rest	400
TEST	1 x 3000 steady to strong	3,000
COOL	400 very easy	400

ASSUMPTION OF RISK AND RELEASE.

IMPORTANT NOTICE

This program is intended only for adults age 18 or older who are competent lap swimmers. Swimming and strenuous exercise can cause serious injury, permanent disability, drowning, or death. Read this entire release before participating. If you do not understand or agree, do not use the program.

MEDICAL ACKNOWLEDGMENT

The participant is responsible for deciding whether participation is appropriate and for obtaining advice or clearance from a qualified health care professional. Stop immediately and seek appropriate medical care for chest pain or pressure, severe or unusual shortness of breath, faintness, dizziness, confusion, a fast or irregular heartbeat, or any other concerning symptom.

WATER SAFETY

Never swim alone. Use a supervised pool or a designated swimming location with a lifeguard whenever possible. Follow all facility rules. Do not hyperventilate or perform prolonged underwater breath-holding. Do not swim while impaired by alcohol, drugs, fatigue, illness, unsafe weather, or medication that affects judgment, balance, or coordination.

VOLUNTARY PARTICIPATION AND ASSUMPTION OF RISK

Participation is voluntary. The participant knowingly accepts all inherent and ordinary risks of swimming and exercise, known or unknown, including slips, falls, collisions, equipment failure, overexertion, muscle or joint injury, cardiac or respiratory events, infection, weather and water hazards, drowning, and death. The participant chooses the environment, pace, equipment, and level of supervision.

NO COACHING OR MEDICAL RELATIONSHIP

The program provides general educational information, not individualized coaching, medical care, diagnosis, treatment, rescue services, or lifeguard supervision. Onvous LLC and Onvous Swim Club do not evaluate the participant's health, swimming ability, pool, open-water conditions, or execution of any workout.

RELEASE TERMS AND ACKNOWLEDGMENT.

RELEASE AND COVENANT NOT TO SUE

To the fullest extent permitted by California law, the participant releases, waives, and discharges Onvous LLC, Onvous Swim Club, and their owners, members, managers, officers, employees, agents, contractors, affiliates, successors, and assigns from claims arising from use of this program or participation in its workouts, including claims alleging ordinary negligence. This release does not apply to gross negligence, reckless or willful misconduct, fraud, or any liability that cannot lawfully be released.

RESPONSIBILITY FOR THIRD-PARTY CLAIMS

The participant agrees to be responsible for third-party claims, losses, or costs caused by the participant's own negligent or wrongful acts while using the program. This provision does not require the participant to indemnify a released party for that party's gross negligence, reckless or willful misconduct, fraud, or nonwaivable liability.

EMERGENCY CARE AND COSTS

The participant authorizes reasonable emergency assistance if the participant is unable to consent and accepts responsibility for resulting medical, rescue, transportation, and related costs. Onvous LLC and Onvous Swim Club have no duty to monitor participation or provide emergency assistance.

CALIFORNIA LAW; SEVERABILITY

California law governs. Any dispute shall be brought in a court of competent jurisdiction in San Diego County, California, unless applicable law requires otherwise. If any provision is unenforceable, it shall be modified only to the minimum extent necessary, and the remaining provisions shall continue in effect.

ACKNOWLEDGMENT

By downloading, accessing, or using the program, the participant confirms that the participant has read and understood this notice, is at least 18 years old, is voluntarily participating, and agrees to the terms above. For a signed copy: Name _____ Signature _____ Date _____

LEGAL REFERENCES

California Civil Code Section 1668; City of Santa Barbara v. Superior Court, 41 Cal. 4th 747 (2007). This release should be reviewed by qualified California counsel before commercial publication or use as a recorded waiver.