

WHEN ?

Accutraining Sets are done on a 3 week cycle.

WEEK 1 of the season AND repeat cycle throughout the year

MONDAY

Sprint-Stroke-Middle Distance - 6x50 @ 2 for 100 prediction

Distance and 400 IM – 6x250@5 for 500 prediction

THURSDAY – coaches choice

Everyone 5 x 100 @ 3 for 200 prediction (Everyone swim 200's) OR

6x50@2 for 100 prediction (Everyone swim relays)

WEEK 2 of season

MONDAY Sprint-Stroke- 10x25@40 for 50 or 6x50 @ 2 for 100 prediction

THURSDAY Distance 400IM – 20x100@ ? (12-15 sec rest) for IM/1000/1650

THIRD WEEK

WEDNESDAY – 20x100@1:30 TOTALTEAM AVERAGE improves in season

REPEAT CYCLE getting faster throughout the season progresses.