

Training Plan - www.myofit.ai

Training Week 1/12/2025

Meet April 24-27

Training Cycle General Conditioning (GC)

week 1

Total Weeks 3

Total Sessions 9

day 1

Notes: The general conditioning cycle involves technical introduction and/or reinforcement while developing the general aerobic capacity of the swimmer. This cycle is characterized by an increase in intra-session volume while limiting event-specific paces and speeds. A large portion of these sessions should include VO2max stress and MRDs used for warmup and set preparation.

Strength Development pullover - swim.myofit.ai/chest-pullover/ 2x10
Hip extension - swim.myofit.ai/hip-flexor/ 2x10

Mechanical Reinforcement MRD 1 head calibration drill - swim.myofit.ai/head-calibration-drill/Mechanical Reinforcement MRD 2 pitch drill - swim.myofit.ai/pitch-drill/

Mechanical Reinforcement MRD 3

Technical Improvement Streamline body position - <https://youtu.be/rVjONHvMS48>Psychological Sustainment positive mindset - swim.myofit.ai/positive-mindset/

Notes: MRD 1 with freestyle and best non-free stroke to adjust body position in each. MRD 2 is freestyle. Set 3 is best non-free stroke.

	Stroke	Target Pace	Distance	Max Rep Goal	Rest Range
Warmup	freestyle	easy	200	1	26-30
Fin kick	choice	easy	100	1	26-30
Warmup	IM	easy	100	1	26-30
MRD 1	choice	200	25	8	16-20
MRD 2	freestyle	200	25	6	16-20
Prep Set	freestyle	400	50	4	31-35
Set 1	freestyle	VO2max	75	10	21-25
Recovery	BR/BK	easy	50	4	31-35
Recovery	rest				2 min
Set 2	freestyle	200	25	10	12-15
Recovery	freestyle	easy	50	4	16-20
fin kick	side	moderate	100	2	26-30
fin kick	backstroke	moderate	100	2	26-30
Set 3	1st non-free	200	25	10	21-25
Recovery	choice	moderate	200		5 min

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