

## Training Plan - [www.myofit.ai](http://www.myofit.ai)

Training Week	1/19/2025	Meet	April 24-27
Training Cycle	General Conditioning (GC)	week	2
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	walk - <a href="http://swim.myofit.ai/single-overhead-walk/">swim.myofit.ai/single-overhead-walk/</a>	3x10
	back extension - <a href="http://swim.myofit.ai/back-extension/">swim.myofit.ai/back-extension/</a>	3x10

Mechanical Reinforcement MRD 1	head calibration drill - <a href="http://swim.myofit.ai/head-calibration-drill/">swim.myofit.ai/head-calibration-drill/</a>
Mechanical Reinforcement MRD 2	pitch drill - <a href="http://swim.myofit.ai/pitch-drill/">swim.myofit.ai/pitch-drill/</a>
Mechanical Reinforcement MRD 3	spear drill - <a href="https://swim.myofit.ai/spear-drill/">https://swim.myofit.ai/spear-drill/</a>
Technical Improvement	Streamline body position - <a href="https://youtu.be/rVJONHvMS48">https://youtu.be/rVJONHvMS48</a>
Psychological Sustainment	balance - <a href="http://swim.myofit.ai/achieving-balance/">swim.myofit.ai/achieving-balance/</a>

Notes: MRD 1 with freestyle and best non-free stroke to adjust body position in each. MRD 2 is freestyle. Try MRD 3 with all 4 strokes. Breakouts: hard underwater kick to the surface fast, beginners use fins. Set 3 is choice non-free stroke.

	Stroke	Target Pace	Distance	Max Rep Goal	Rest Range
Warmup	freestyle	easy	200	1	26-30
MRD 3	IM	easy	50	4	21-25
Underwater	IM	easy	25	8	21-25
MRD 1	choice	200	25	4	16-20
MRD 2	freestyle	200	25	4	16-20
Prep Set	freestyle	400	50	4	31-35
Set 1	freestyle	VO2max	75	8	16-20
Recovery	BR/BK	easy	50	4	31-35
Recovery	rest				2 min
Set 2	freestyle	200	25	12	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	choice	200	25	8	21-25
Recovery	choice	moderate	200		5 min

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