Training Plan - y	-			
Training Week	2/2/2025		Meet April 24-27	
Training Cycle	Technical Endurance	ce (TE)	week 4	
Total Weeks	6	Total Sessions 3	day 1	
Notes:	Technical enduranc on one technical ele		ng at specific race paces while focusing	
Strength	back extension - sw	vim.myofit.ai/back-extension/	2x15	
Development	pullover - <u>swim.myofit.ai/chest-pullover/</u>		1x15	
-		ondar on out panoron		
		m.myofit.ai/hip-flexor/	1x15	
			1x15 3x10	
Mechanical Rein	Hip extension - <u>swi</u>		3x10	
	Hip extension - <u>swin</u> swim breathing	m.myofit.ai/hip-flexor/	3x10	
Mechanical Rein	Hip extension - <u>swin</u> swim breathing forcement MRD 1	m.myofit.ai/hip-flexor/ pitch drill - <u>swim.myofit.ai/pi</u>	3x10	
Mechanical Rein	Hip extension - <u>swin</u> swim breathing forcement MRD 1 forcement MRD 2 forcement MRD 3	<u>m.myofit.ai/hip-flexor/</u> pitch drill - <u>swim.myofit.ai/pi</u> double breath	3x10	

Notes:

Alternate the MRDs to tune and improve the items you need work on. Set 1 is 50's x 4 reps, extra 1 minute break, then repeat for 4 total mini-sets (16 total reps).

	Stroke	Target Pace	Distance	Max Rep Goal	Rest Range
Warmup	freestyle	easy	200	1	26-30
Underwater	choice	moderate	25	8	21-25
MRD 1	choice	moderate	25	8	16-20
MRD 2	choice	moderate	25	8	16-20
Prep Set	freestyle	200	25	6	16-20
Set 1	freestyle	200	50	16	21-25
Recovery	fin kick	easy	100	2	31-35
Recovery	rest				2 min
Set 2	1st non-free	100	25	12	21-25
Recovery	freestyle	easy	100	1	26-30
fin kick	side	moderate	100	1	26-30
Set 3	choice	100	25	12	21-25
Recovery	choice	easy	200		5 min

Training Plan -	<u>www.myofit.al</u>			
Training Week	2/2/2025		Meet April 24-27	
Training Cycle	Technical Endurance	e (TE)	week 4	
Total Weeks	6	Total Sessions 3	day 2	
Notes:	Technical enduranc on one technical ele		ng at specific race paces while focusing	
Strength Development		vim.myofit.ai/back-extension/	2x15	
Development	pullover - <u>swim.myc</u>	<u>ofit.ai/chest-pullover/</u>	1x15	
	Hip extension - <u>swir</u>	m.myofit.ai/hip-flexor/	1x15	
			0.40	
	swim breathing		3x10	
Mechanical Rein	swim breathing forcement MRD 1	pitch drill - <u>swim.myofit.ai/pi</u>		
	•	pitch drill - <u>swim.myofit.ai/pi</u> double breath		
Mechanical Rein	forcement MRD 1			
Mechanical Rein	forcement MRD 1 forcement MRD 2 forcement MRD 3	double breath	itch-drill/	

Notes:

Alternate the MRDs to tune and improve the items you need work on. Set 1 is 50's x 5 reps, extra 1 minute break, then repeat for 3 total mini-sets (15 total reps).

	Stroke	Target Pace	Distance	Max Rep Goal	Rest Range
Warmup	freestyle	easy	200	1	26-30
Underwater	choice	moderate	25	8	21-25
MRD 1	choice	moderate	25	8	16-20
MRD 3	choice	moderate	25	8	16-20
Prep Set	freestyle	200	25	6	16-20
Set 1	freestyle	200	50	15	21-25
Recovery	fin kick	easy	100	2	31-35
Recovery	rest				2 min
Set 2	choice	100	25	12	21-25
Recovery	freestyle	easy	100	1	26-30
fin kick	side	moderate	100	1	26-30
Set 3	freestyle	100	25	12	21-25
Recovery	choice	easy	200		5 min
1					

Training Week	2/2/2025		Meet	April 24-27	
Training Cycle	Technical Endurance (TE	Ξ)		week	4
Total Weeks			3	day	3
Notes:	Technical endurance invo on one technical elemen		wimming at spe	cific race paces v	while focusing
Strength	back extension - <u>swim.m</u>	iyofit.ai/back-extens	sion/	2x15	
Development	pullover - <u>swim.myofit.ai</u> /	/chest-pullover/		1x15	
	Hip extension - <u>swim.my</u>	ofit.ai/hip-flexor/		1x15	
	swim breathing			3x10	
Mechanical Reinf	forcement MRD 1	pitch drill - <u>swim.my</u>	ofit.ai/pitch-drill/		
Mechanical Reinf	forcement MRD 2	double breath			
Mechanical Reinf	forcement MRD 3	Front inhale			
Toobniget Impress	ement	Breathing - swim m	yofit.ai/breathing	/	
Technical Improv	Chich	Broadining <u>entitient</u>	· · · · · · · · · · · · · · · · · · ·		
Psychological Su	Alternate the MRDs to tu extra 1 minute break, the	persistence - <u>swim.</u> ine and improve the en repeat for 3 total	items you need mini-sets (18 tot	work on. Set 1 is	
Psychological Su Notes:	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the	persistence - <u>swim.</u> Ine and improve the en repeat for 3 total wall, about 1 minut	e items you need mini-sets (18 tot e interval.	work on. Set 1 is al reps). Set 3 is	sprints for 15
Psychological Su	Alternate the MRDs to tu extra 1 minute break, the	persistence - <u>swim.</u> ine and improve the en repeat for 3 total	items you need mini-sets (18 tot	work on. Set 1 is al reps). Set 3 is Max Rep Goal	
Psychological Su Notes:	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke	persistence - <u>swim.</u> Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace	e items you need mini-sets (18 tot e interval. Distance	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1	sprints for 15 Rest Range
Psychological Su Notes: Warmup Underwater	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle	persistence - <u>swim.</u> Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy	e items you need mini-sets (18 tot e interval. Distance 200	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1	sprints for 15 Rest Range 26-30
Psychological Su Notes: Warmup Underwater MRD 2	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice	persistence - <u>swim.</u> ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate	e items you need mini-sets (18 tot e interval. Distance 200	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8	sprints for 15 Rest Range 26-30 21-25
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice	persistence - <u>swim.</u> Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate	e items you need mini-sets (18 tot e interval. Distance 200 25 25	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8	sprints for 15 Rest Range 26-30 21-25 16-20
Psychological Su Notes: Warmup Underwater	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice choice	persistence - <u>swim</u> ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate moderate	myofit.ai/persiste e items you need mini-sets (18 tot e interval. Distance 200 25 25 25	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 8	sprints for 15 Rest Range 26-30 21-25 16-20 16-20
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3 Prep Set Set 1	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice freestyle	persistence - <u>swim.</u> Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate moderate 200	e items you need mini-sets (18 tot e interval. Distance 200 25 25 25 25	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 1 8	sprints for 15 Rest Range 26-30 21-25 16-20 16-20 16-20
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3 Prep Set Set 1 Recovery	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice freestyle freestyle	persistence - <u>swim</u> . Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate 200 200	myofit.ai/persiste e items you need mini-sets (18 tot e interval. Distance 200 25 25 25 25 25 25 50	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 8 18	sprints for 15 Rest Range 26-30 21-25 16-20 16-20 21-25
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3 Prep Set Set 1 Recovery Recovery	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice freestyle freestyle fin kick	persistence - <u>swim</u> . Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate 200 200	myofit.ai/persiste e items you need mini-sets (18 tot e interval. Distance 200 25 25 25 25 25 25 50	work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 6 18 2	sprints for 15 Rest Range 26-30 21-25 16-20 16-20 21-25 31-35
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3 Prep Set Set 1 Recovery Recovery Set 2	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice freestyle freestyle fin kick rest	persistence - <u>swim</u> . Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate 200 200 easy	e items you need mini-sets (18 tot e interval. Distance 200 25 25 25 25 25 50 100	ence/ work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 6 18 2 12	sprints for 15 Rest Range 26-30 21-25 16-20 16-20 21-25 31-35 2 mir
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3 Prep Set Set 1 Recovery Recovery Set 2 Recovery	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice freestyle freestyle fin kick rest 1st non-free	persistence - <u>swim</u> . Ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate 200 200 easy 100	e items you need mini-sets (18 tot e interval. Distance 200 25 25 25 25 50 100 25	ence/ work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 6 18 2 12 12 1	sprints for 15 Rest Range 26-30 21-25 16-20 16-20 21-25 31-35 2 mir 21-25
Psychological Su Notes: Warmup Underwater MRD 2 MRD 3 Prep Set Set 1 Recovery Recovery	Alternate the MRDs to tu extra 1 minute break, the yards/meter, glide to the Stroke freestyle choice choice freestyle freestyle fin kick rest 1st non-free freestyle	persistence - <u>swim</u> ine and improve the en repeat for 3 total wall, about 1 minut Target Pace easy moderate moderate 200 200 easy 100 easy	e items you need mini-sets (18 tot e interval. Distance 25 25 25 25 50 100 25 100	mce/ work on. Set 1 is al reps). Set 3 is Max Rep Goal 1 8 8 8 8 6 18 2 12 12 1 1	sprints for 15 Rest Range 26-30 21-25 16-20 16-20 21-25 31-35 2 mir 21-25 26-30