

Training Plan - www.myofit.ai

Training Week	2/2/2025	Meet	April 24-27
Training Cycle	Technical Endurance (TE)	week	4
Total Weeks	6	Total Sessions	3
		day	1

Notes: Technical endurance involves a majority of swimming at specific race paces while focusing on one technical element.

Strength Development	back extension - swim.myofit.ai/back-extension/	2x15
	pullover - swim.myofit.ai/chest-pullover/	1x15
	Hip extension - swim.myofit.ai/hip-flexor/	1x15
	swim breathing	3x10

Mechanical Reinforcement MRD 1	pitch drill - swim.myofit.ai/pitch-drill/
Mechanical Reinforcement MRD 2	double breath
Mechanical Reinforcement MRD 3	Front inhale
Technical Improvement	Breathing - swim.myofit.ai/breathing/
Psychological Sustainment	persistence - swim.myofit.ai/persistence/

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

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		day	2

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	pullover - swim.myofit.ai/chest-pullover/	1x15
	Hip extension - swim.myofit.ai/hip-flexor/	1x15
	swim breathing	3x10

Mechanical Reinforcement MRD 1	pitch drill - swim.myofit.ai/pitch-drill/
Mechanical Reinforcement MRD 2	double breath
Mechanical Reinforcement MRD 3	Front inhale
Technical Improvement	Breathing - swim.myofit.ai/breathing/
Psychological Sustainment	persistence - swim.myofit.ai/persistence/

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

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Mechanical Reinforcement MRD 1	pitch drill - swim.myofit.ai/pitch-drill/
Mechanical Reinforcement MRD 2	double breath
Mechanical Reinforcement MRD 3	Front inhale
Technical Improvement	Breathing - swim.myofit.ai/breathing/
Psychological Sustainment	persistence - swim.myofit.ai/persistence/

Notes: Alternate the MRDs to tune and improve the items you need work on. Set 1 is 50's x 6 reps, extra 1 minute break, then repeat for 3 total mini-sets (18 total reps). Set 3 is sprints for 15 yards/meter, glide to the wall, about 1 minute interval.

	Stroke	Target Pace	Distance	Max Rep	Goal	Rest Range
Warmup	freestyle	easy	200	1		26-30
Underwater	choice	moderate	25	8		21-25
MRD 2	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	18		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	freestyle	50	15	8		40-50
Recovery	choice	easy	200			5 min