

Training Plan - www.myofit.ai

Training Week	2/9/2025	Meet	April 24-27
Training Cycle	Technical Endurance (TE)	week	5
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/	2x15
	Hip extension - swim.myofit.ai/hip-flexor/	2x15
	swim breathing	2x15

Mechanical Reinforcement MRD 1	pitch drill - swim.myofit.ai/pitch-drill/
Mechanical Reinforcement MRD 2	head calibration drill - swim.myofit.ai/head-calibration-drill/
Mechanical Reinforcement MRD 3	spear drill - https://swim.myofit.ai/spear-drill/
Technical Improvement	Index of Coordination
Psychological Sustainment	focus - swim.myofit.ai/focus-concentration/

Notes: Alternate the MRDs to tune and improve the items you need work on. Your index of coordination (stroke rate and rotation speed) will change between set 1 and 2. Pay attention to the differences.

	Stroke	Target Pace	Distance	Max Rep	Goal	Rest Range
Warmup	freestyle	easy	200	1		26-30
Fin kick	choice	easy	200	1		26-30
MRD 1	choice	moderate	25	8		16-20
MRD 2	choice	moderate	25	8		16-20
Prep Set	freestyle	400	50	4		21-25
Set 1	freestyle	400	75	12		21-25
Recovery	freestyle	easy	200	1		31-35
Recovery	rest					2 min
Set 2	freestyle	100	25	12		21-25
Recovery	choice	easy	50	4		26-30
Recovery	rest					2 min
Set 3	choice	200	25	20		12-15
Recovery	fin kick	easy	200			5 min

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Warmup	freestyle	easy	200	1		26-30
Fin kick	choice	easy	200	1		26-30
MRD 2	choice	moderate	25	8		16-20
MRD 3	choice	moderate	25	8		16-20
Prep Set	freestyle	200	25	6		21-25
Set 1	freestyle	200	50	16		26-30
Recovery	freestyle	easy	200	1		31-35
Recovery	rest					2 min
Set 2	freestyle	50	15	8		40-50
Recovery	choice	easy	50	4		26-30
Recovery	rest					2 min
Set 3	1st non-free	200	25	20		12-15
Recovery	fin kick	easy	200			5 min

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Recovery	rest					2 min
Set 2	freestyle	100	25	16		21-25
Recovery	choice	easy	50	4		26-30
Recovery	rest					2 min
Set 3	2nd non-free	200	25	20		12-15
Recovery	fin kick	easy	200			5 min