

Weekly Training Block

200 Fly · 200 IM · 400 IM | D3 Collegiate

Monday Butterfly & aerobic base 5,500 yds	Tuesday 400 IM — moderate load 4,500 yds	Wednesday Threshold & stroke quality 4,500 yds	Thursday 200 IM race simulation 5,000 yds	Friday Active recovery + turns 3,500 yds	Saturday Race pace — reduced volume 4,500 yds	Sunday Full rest 0 yds
WARM-UP — 800 400 easy free · 200 IM easy · 4x50 drill/swim (fly focus)	WARM-UP — 800 400 free build · 400 IM easy	WARM-UP — 600 300 easy free · 300 IM drill/swim by 50	WARM-UP — 800 400 free · 200 IM easy · 4x50 (fly/back/breast/free, fast off wall)	WARM-UP — 600 600 easy mixed strokes, no pace pressure	WARM-UP — 800 400 free · 200 IM easy · 4x50 build by stroke	REST DAY Full rest or light cross-training only — yoga, walking, stretching. No pool.
FLY DRILLS — 600 6x100 on 1:45 — alt: 50 drill (catch, hip drive) / 50 swim	STROKE END. — 800 2x(100 fly + 100 back + 100 breast + 100 free) on 1:50/1:40/1:50/1:30 — moderate	THRESHOLD — 2,400 3x800 free on 9:45 — hold CSS pace (~1:10–1:12/100) · Between each 800: 4x25 sprint choice, :30 rest	TRANSITIONS — 600 8x75 on 1:10 — each 75 = transition 25s (fly→back, back→breast, breast→free, repeat)	URNS & UW — 1,000 20x50 on :55 — fly turns, back→breast transition, breast turn, open turns · max 3 UW kicks fly / 5 kicks back	ACTIVATION — 400 8x50 on 1:00 — alt: fast fly / fast free, race tempo	
MAIN SET — 2,800 4x200 fly on 3:10 — descend, #4 race effort · 4x100 fly on 1:30 — hold 58–1:00 · 8x50 fly on :55 — evens fast (27–28) · 4x100 free on 1:15 — flush	MAIN SET — 2,000 3x400 IM on 6:15 — #1 steady, #2 moderate-hard, #3 strong (not all-out) · 4x100 free on 1:15 — flush	STROKE QUAL. — 900 3x(100 fly + 100 back + 100 breast) on 1:45 each — focus on stroke count and length	MAIN SET — 2,200 4x200 IM on 3:10 — descend 1→4, #4 all-out · 4x200 IM broken at each wall (:05 rest) — target 28–29/50 · 4x50 fly on :55 — sprint race pace	STROKE FEEL — 1,200 4x300 IM on 5:30 — very easy, focus on feel only	MAIN SET — 2,400 2x200 fly on 3:10 — #1 strong, #2 race effort · 2x400 IM on 6:15 — #1 strong, #2 best effort · 4x100 fly on 1:30 — hold 200 fly split pace	
COOL-DOWN — 400 200 easy back · 200 choice, long strokes	COOL-DOWN — 400 400 easy mixed strokes	COOL-DOWN — 400 400 easy backstroke	COOL-DOWN — 500 300 easy back · 200 choice	COOL-DOWN — 400 400 easy free, stretch	FLUSH + CD — 900 5x100 free on 1:30 — easy · 400 easy full body loosening	

Pace Reference

Event	Best time	Race pace /50	Race send-off	Fast 50s	Drill / easy send-off
200 Fly	1:57.0	29.2	3:10–3:15	27–28	1:40–1:45
200 IM	2:01.0	30.2	3:10–3:20	28–29 (broken)	3:30–3:45
400 IM	4:19.0	32.4	6:00–6:15	—	6:45–7:00