

The Gold Medal Plan

Week 1

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

20 x 50 Freestyle with :20 Rest

6 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :15 Rest

12 x 25 Freestyle with :20 Rest

6 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

4 x 50 Freestyle hard with 1:30 Rest

100 Freestyle easy

2 x 50 Freestyle hard with 1:30 Rest

6 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

The Gold Medal Plan

Week 2

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :20 Rest

5 x 100 Freestyle with :45 Rest

10 x 50 Freestyle with :20 Rest

8 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :15 Rest

12 x 25 Freestyle with :15 Rest

8 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

4 x 50 Freestyle hard with 1:30 Rest

100 Freestyle easy

2 x 50 Freestyle hard with 1:30 Rest

8 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

The Gold Medal Plan

Week 3

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :20 Rest

10 x 100 Freestyle with :45 Rest

10 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :15 Rest

12 x 25 Freestyle with :10 Rest

10 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

6 x 50 Freestyle hard with 1:30 Rest

100 Freestyle easy

4 x 50 Freestyle hard with 1:30 Rest

100 Freestyle easy

2 x 50 Freestyle hard with 1:30 Rest

10 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

The Gold Medal Plan

Week 4

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 100 Freestyle with :30 Rest

2 x 200 Freestyle with :30 Rest

12 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :15 Rest

3 x 100 Freestyle with :20 Rest

12 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

4 x {2 x 50 Freestyle medium with 1:00 Rest

{50 Freestyle hard with 1:30 Rest

12 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

The Gold Medal Plan

Week 5

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 100 Freestyle with :20 Rest

400 Freestyle with 1:30 Rest

14 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

10 x 50 Freestyle with :15 Rest

3 x 100 Freestyle with :15 Rest

14 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

4 x {2 x 50 Freestyle medium with 1:00 Rest

{100 Freestyle hard with 1:30 Rest

14 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

The Gold Medal Plan

Week 6

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

8 x 100 Freestyle

16 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

16 x 50 Freestyle with :15 Rest

3 x 100 Freestyle with :10 Rest

16 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

2 x {6 x 50 Freestyle medium with 1:00 Rest

{Extra 2:00 Rest

{100 with 1:00 Rest

16 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

The Gold Medal Plan

Week 7

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

8 x 100 Freestyle with :20 Rest

800 Freestyle with 3:00 Rest

18 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

16 x 50 Freestyle with :10 Rest

3 x 100 Freestyle with :10 Rest

18 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

5 x {50 Freestyle medium with 1:00 Rest

{50 Freestyle hard with 1:30 Rest

3 x {75 Freestyle medium with 1:00 Rest

{25 Freestyle hard with 1:30 Rest

18 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

The Gold Medal Plan

Week 8

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

800 Freestyle with 3:00 Rest

400 Freestyle with 2:00 Rest

2 x 200 Freestyle with 1:00 Rest

20 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

16 x 50 Freestyle with :10 Rest

3 x 100 Freestyle with :15 Rest

2 x 200 Freestyle with :30 Rest

20 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

6 x {2 x 50 Freestyle medium with 1:00 Rest

{100 Freestyle hard with 2:00 Rest

20 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

The Gold Medal Plan

Week 9

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

2 x 900 Freestyle with 3:00 Rest

22 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

16 x 50 Freestyle with :10 Rest

3 x 100 Freestyle with :10 Rest

2 x 200 Freestyle with :20 Rest

22 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

6 x {50 Freestyle medium with 1:00 Rest

{100 Freestyle hard with 2:00 Rest

22 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

The Gold Medal Plan

Week 10

Monday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

1800 Freestyle with 3:00 Rest

24 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle

Wednesday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

16 x 50 Freestyle with :10 Rest

3 x 100 Freestyle with :10 Rest

2 x 200 Freestyle with :10 Rest

24 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 finger-tip drag drill and 25 swim freestyle

Friday

8 minutes easy-Choice stroke

4 x 50 Freestyle (25 easy/25 hard)

6 x 50 Freestyle hard with 1:30 Rest

100 Freestyle easy

4 x 50 Freestyle hard with 1:30 Rest

100 Freestyle easy

2 x 50 Freestyle hard with 1:30 Rest

24 x 50 Freestyle-Pull only with :15 Rest

16 x 25 Freestyle with :10 Rest-Alternate 25 truck rotation catch-up drill and 25 swim freestyle