

Warmup on own for 10 minutes

Warmup set - 600 meters

4 x (one set for each stroke - I recommend reverse IM order, so fly — or one-arm fly — is last)

10 seconds rest between each

50 kick

50 drill

50 swim

Main set - stroke sandwiches - 1,350 meters

Take 20 seconds rest between each, with 30 seconds between each chunk.

3 x 150 - free

3 x 150 - 50 free/50 stroke/50 free

3 x 150 - 50 stroke/50 free/50 stroke

(If you have more than an hour — 3 x 150 stroke. That brings this set to 1,800)

Up to you: Do all strong and steady so you hold the same time, or descend 1-3 if you want to try to work up some speed. For those just starting back, I recommend strong and steady.

50 easy

Sprint set - 450

6 x (choice of stroke)

Go right into the easy after your 50 sprint. Take 15-30 seconds after the easy 25.

50 sprint

25 easy

Note: I don't know about you, but my arms are not moving in anything that looks like sprinting right now. But it's good to start trying to add some speed.

Cooldown

Total: 2,450 (plus your personal warmup and cool down)

Extra time bonus kick set — 300

6 x 50 kick

Odds — flutter

Evens — non-flutter