

Training Plan for Breaking 1:15 in the 100 Free

Welcome! This training plan is for anyone looking to increase swim speed and trying to swim under 1:15 for a 100-yard freestyle. We know that not everyone has a coach on deck or a club nearby, so we created this training plan to keep you focused and progressing toward your goal.

Here are the details:

- The plan is broken down into six weeks, with 24 total workouts during that time.
- Specific days of the week are not identified, which lets you keep it flexible according to your schedule.
- It is written for short course yards but can be modified for other courses.
- Equipment is not required but is identified for each workout if you would like to use it.
- The entire plan is printer-friendly, and each workout is a single page.
- Each week asks you to focus on a different aspect of your freestyle stroke.
 - Week 1: Streamlining
 - Week 2: Turns
 - Week 3: Catch (front quarter of stroke)
 - Week 4: Kick
 - Week 5: Building speed
 - Week 6: Putting it all together!
- The goal of this plan is to provide some sharpness to your stroke, with work on both speed and details to help you lower your 100 free time!

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
1 of 6	Swim #1 of 24 Equipment: kickboard, fins	Do 1x (rest :10 for all): 200 free 2x 75 kick 4x 50 drill: odds, free with six kicks, three strokes; evens, catch-up 8x 25 free, descend 1–4, 5–8 Repeat 3x (rest :15 for all): 4x 50 kick* with fins 2x 75 free* with fins; build speed from moderate to fast within each 75 50 free, easy Do 1x (rest :10 for all): 6x 50 free, breathing every three strokes TOTAL	 200 150 200 200 600 450 150 300 2,250 yards

***Weekly focus: Streamline.** For this set, concentrate on maintaining a very tight streamline off each wall. Your biceps should be against your ears when you push off the wall, and your body should be flexed tight. Having fins on might make holding streamline a little harder than usual since you're moving faster.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
1 of 6	Swim #2 of 24 Equipment: kickboard	Do 1x (rest :10 for all): 300 free 200 kick 200 catch-up drill, maintain kick 100 free, perfect swim, technique focused 4x 50 free, descend 1–4 Repeat 3x (rest :15 for all): 2x 25 free*: tight streamline, first six strokes fast 2x 50 free*: tight streamline, first four strokes fast off each wall 2x 75 free*: tight streamline, first four strokes fast off each wall Repeat 2x (rest :15 for all): 3x 50 streamlined kick on back 200 free, easy TOTAL	 300 200 200 100 200 150 300 450 300 400 2,600 yards

***Weekly Focus: Streamline.** For this set in particular, make sure you're really streamlining and pushing off hard on each wall. Biceps should be touching your ears, arms should be straight.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
1 of 6	Swim #3 of 24 Equipment: pull buoy, kickboard	Do 1x (rest :10 seconds for all): 200 free 2 x 150, 50 kick/50 drill choice/50 swim 200 free 4x 50 free, descend 1–4, easy to fast Repeat 4x: 200 free* with pull buoy on 3:30 4 x 25 free* on :50; first four strokes off wall fast Do 1x (rest :10 for all): 4 x 50 kick: odds with kickboard; evens, streamlined on back* 200 free, easy (cool down) TOTAL	 200 300 200 200 800 400 200 200 2,500 yards

***Weekly Focus: Streamline.** For this set in particular, make sure you're really streamlining and pushing off hard on each wall. Biceps should be touching your ears, arms should be straight.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
1 of 6	Swim #4 of 24 Equipment: none	Do 1x (rest :10) 200 free Repeat 2x (rest :10 for all): 2x 75: 25 kick/25 drill/25 swim 100 free, perfect, technique focused 4x 25 free, descend 1–4 to fast Repeat 3x: 2x 25 free* on :50; push and glide off the wall until you stop moving, then swim the rest of the way (tight streamline) 50 streamlined kick* on back on 1:20 2x 75 free* on 1:30; middle 25 faster than other 25s Do 1x (rest :20 seconds each): 4x 25 free, all out; try to be under :20 or close 300 free, easy (cool-down) TOTAL	 200 300 200 200 150 150 450 100 300 2,050 yards

***Weekly Focus: Streamline.** For this set in particular, make sure you're really streamlining and pushing off hard on each wall. Biceps should be touching your ears, arms should be straight.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
2 of 6	Swim #5 of 24		
	Equipment: none	Do 1x (rest :10 for all):	
		400 free	400
		200 kick	200
		Repeat 3x (rest :10 for all):	
		75 catch-up drill with strong kick	225
		25 free; build from easy to fast within the 25	75
		Do 1x (rest :20 for all):	
		4x 50 free* with three turns per 50 (do an extra full flip in the middle of the pool, then continue swimming in the same direction; turns should be 360 degree, 180 degree, 360 degree flip)	200
		Repeat 3x:	
		3x 100 free* on 1:45; descend 1–3, with good turns	900
		50 free* on 1:00, fast, with race-speed turn	150
		50 choice on 1:15, easy (recovery)	150
	Do 1x (rest :20 for all):		
	200 free, easy (cool-down)	200	
	TOTAL	2,500 yards	

***Weekly Focus: Turns.** For this set, really dial in your turns! Keep your eyes looking down into the turn (resist the urge to look up at the wall—it doesn't move, really!), tuck tightly, pushing your nose to your knees, and push hard once your feet are in position.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
2 of 6	Swim #6 of 24 Equipment: pull buoy, paddles	Do 1x (rest :10): 300 free	300
		Repeat 2x (rest :10 seconds): 200, 50 kick/50 swim/50 drill/50 swim 4x 50 free, descend 1–4 from easy to fast	400 400
		Repeat 2x: 4x 37.5 free* on 1:00; fast turn (you'll start and end in the middle of the pool) 200 pull on 3:30 4x 50 drill* on 1:10: six strokes freestyle, flip for the entire 50 (tuck tightly) 200 pull on 3:30 4x 50 free* on 1:10; race-speed turn, fast 10 yards in and out of the wall 200 choice, easy on 4:00	300 400 400 400 400 400
		Do 1x (rest :10): 200 free cool-down	200
		TOTAL	3,600 yards

***Weekly Focus: Turns.** For this set, really dial in your turns! Keep your eyes looking down into the turn (resist the urge to look up at the wall—it doesn't move, really!), tuck tightly, pushing your nose to your knees, and push hard once your feet are in position.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
2 of 6	Swim #7 of 24 Equipment: kickboard, paddles	Do 1x (rest :10): 200 free Repeat 2x (rest :10 for all): 100 drill: four strokes regular free, three strokes free with underwater recovery, maintain kick 100 kick 4x 50 free, descend 1–4 from easy to fast Do 1x (rest 30 seconds): 400 free* with paddles; every other turn is FAST Repeat 2x (rest :15 for all): 4x 25 free*; fast finish + turn at wall (no push-off) 200 kick*: build each 100 of the 200 4x 25 free*: fast finish + turn at wall (no push-off) 100 free, easy Do 1x (rest :10): 400 free with paddles; every other turn fast TOTAL	200 200 200 400 400 200 400 200 200 400 2,800 yards

***Weekly Focus: Turns.** For this set, really dial in your turns! Keep your eyes looking down into the turn (resist the urge to look up at the wall—it doesn't move, really!), tuck tightly pushing your nose to your knees, and push hard once your feet are in position.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
2 of 6	Swim #8 of 24 Equipment: kickboard	Do 1x (rest :10 seconds): 300 free 200 kick: build effort, easy to fast, within the 200 8x 50: odds, drill; evens, build Repeat 3x (rest :30 for all): 100 free*: fast turns, 5 yards in/out of turn 75 free*: fast turns, 5 yards in/out of turn 50 free*: fast turns, 5 yards in/out of turn 50 free*, fast 125 free, easy (recovery) Do 1x (rest :10 for all): 100 kick with kickboard 200 free, easy (cool-down) TOTAL	 300 200 400 300 225 150 150 375 100 200 2,400 yards

***Weekly Focus: Turns.** For this set, really dial in your turns! Keep your eyes looking down into the turn (resist the urge to look up at the wall—it doesn't move, really!), tuck tightly, pushing your nose to your knees, and push hard once your feet are in position.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
3 of 6	Swim #9 of 24 Equipment: kickboard, paddles	Do 1x (rest :10 for all):	
		200 free	200
		2x 75 kick	150
		4x 50 drill: odds, six kicks, three strokes; evens, catch-up	200
		8x 25 free, descend 1–4, 5–8	200
		Do 1x (rest :15 for all):	
		2x 25 front scull* (make small figure 8s in the area where your hand enters the water for freestyle)	50
		4x 50 free*, descend 1–4	200
		2x 25 scull*	50
		2x 200 swim* with paddles	400
		2x 25 scull*	50
		4x 50 free*: descend 1–4, 4 fast	200
		2x 200 swim* with paddles	400
		Repeat 2x (rest :20 for all):	
		100 kick, build	200
		100 swim	200
		TOTAL	2,500 yards

***Weekly Focus: Catch (first quarter of stroke).** For this set, emphasize the catch. This should be from when your hand first enters the water to when your pull is level with your chest. Focus on setting your forearm vertically in the water early after hand entry and feeling the grip of the water on your forearm.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
3 of 6	Swim #10 of 24 Equipment: pull buoy, paddles, kickboard	Do 1x (rest :10 for all): 300 free 200 kick 200 catch-up drill; maintain kick 100 free, perfect swim, technique focused 4x 50 free, descend 1–4 Repeat 2x (rest :20 for all): 4x 25 free*: 1, two strokes fast; 2, four strokes fast; #3, six strokes fast; #4, eight strokes fast 100 kick 100 free, easy Do 1x (rest :30 for all): 300 pull with pull buoy and paddles 100 kick, build 300 pull with pull buoy and paddles Repeat 2x (rest :20 for all): 4x 25 free*: 1, two strokes fast; 2, four strokes fast; 3, six strokes fast; 4, eight strokes fast 100 kick 100 free, easy TOTAL	300 200 200 100 200 200 200 200 300 100 300 200 200 200 3,100 yards

***Weekly Focus: Catch (first quarter of stroke).** For this set, emphasize the catch. This should be from when your hand first enters the water to when your pull is level with your chest. Focus on setting your forearm vertically in the water early after hand entry and feeling the grip of the water on your forearm.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
3 of 6	Swim #11 of 24 Equipment: kickboard, fins, paddles	Do 1x (rest :10 for all): 200 free 2x 150: 50 kick/50 drill choice/50 swim 200 free 4x 50 free, descend 1–4, easy to fast Do 1x (rest 15 seconds for all): 4 x 75 free*: 25 drill (pause at front of stroke)/50 swim 4x 200 swim*: odds, right paddle and left fin; evens, left paddle and right fin Repeat 2x (rest :20 for all): 4x 25 free*: 1, two strokes fast; 2, four strokes fast; 3, six strokes fast; 4, eight strokes fast 100 kick 100 free, easy TOTAL	200 300 200 200 300 800 200 200 200 2.600 yards

***Weekly Focus: Catch (first quarter of stroke).** For this set, emphasize the catch. This should be from when your hand first enters the water to when your pull is level with your chest. Focus on setting your forearm vertically in the water early after hand entry and feeling the grip of the water on your forearm.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
WEEK 3 of 6	Swim #12 of 24 Equipment: paddles	Do 1x (rest :10)	
		200 free	200
		Repeat 2x (rest :10)	
		2 x 75: 25 kick/25 drill/25 swim	300
		100 free, perfect technique	200
		4x 25 free, descend 1-4	200
		50 free, easy	100
		Do 1x (rest :15)	
		200 free*, negative split	200
		4x 75 free* with paddles: 25 strong/50 easy	300
		200 free*, negative split	200
		4x 125 free with paddles: 25 strong/25 easy/25 strong/25 easy/25 strong	500
		200 free*, negative split	200
		4x 75* with paddles: 25 strong/50 easy	300
		100 free, easy	100
		Do 1x (rest :30 for all)	
		2x 25 free, all out	50
		300 choice (cool-down)	300
		TOTAL	3,150

***Weekly Focus: Catch (first quarter of stroke).** For this set, emphasize the catch. This should be from when your hand first enters the water to when your pull is level with your chest. Focus on setting your forearm vertically in the water early after hand entry and feeling the grip of the water on your forearm.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
4 of 6	Swim # 13 of 24 Equipment: kickboard, pull buoy	Do 1x (rest :10 for all):	
		400 free	400
		200 kick	200
		Repeat 3x (rest :10 for all):	
		75 catch-up drill with strong kick	225
		25 free, build from easy to fast within the 25	75
		Do 1x (rest :20):	
		4x 75 kick*, build each 75 to fast	300
		100 choice, easy	100
		Repeat 2x:	
		4x 50 catch-up drill* on 1:10;strong kick	
		200 pull, steady, on 2:45	400
		4x 50 free* on 1:10: 1, two-beat kick; 2, four-beat kick; 3, six-beat kick; 4, maximum/overkick	400
		100 choice, easy, on 2:00	400
		100 choice, easy, on 2:00	200
		Do 1x (rest :20):	
4x 75 kick:, build each 75 to fast	300		
100 choice, easy	100		
	TOTAL	3,100 yards	

***Weekly Focus: Kick.** For this set, focus on achieving and maintaining a good, strong flutter/freestyle kick. The kick should be generated from the hips and into a straight but supple leg. Toes should be pointed but not rigid. The kick should feel just as powerful pushing to the bottom of the pool as it feels pulling to the surface.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
4 of 6	Swim #14 of 24 Equipment: kickboard, fins	Do 1x (rest :10)	
		300 free	300
		Repeat 2x (rest :10 for all):	
		200: 50 kick/50 swim/50 drill/50 swim)	400
		4x 50 free, descend 1–4 from easy to fast	:400
		Repeat 3x (rest :20 for all):	
		100 free* with fins, build	300
		2x 75 streamlined kick* on back, build	450
		2x 50 back* with fins	300
		3x 25 kick*, fast	225
		75 free, easy	225
		Do 1x (rest :20):	
		4x 75 free: 50 catch-up drill/25 swim	300
100 choice, easy	100		
	TOTAL	3,000 yards	

***Weekly Focus: Kick.** For this set, focus on achieving and maintaining a good, strong flutter/freestyle kick. The kick should be generated from the hips and into a straight but supple leg. Toes should be pointed but not rigid. The kick should feel just as powerful pushing to the bottom of the pool as it feels pulling to the surface.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
4 of 6	Swim #15 of 24	Do 1x (rest :10) 200 free Repeat 2x (rest :10 for all): 100 drill: four strokes regular free, three strokes free with underwater recovery, maintain kick 100 kick 4x 50 free, descend 1–4 from easy to fast Repeat 3x: 2x 25 free* on :40: tight streamline, four dolphin kicks fast off each wall 2x 50 free* on 1:00: tight streamline, first three dolphin kicks fast off each wall 2x 75 free* on 1:30: tight streamline, first two dolphin kicks fast off each wall Do 1x (rest :20): 4x 50 kick*, build each 50 to fast 200 choice, easy TOTAL	 200 200 200 400 150 300 450 200 200 2,300 yards

***Weekly Focus: Kick.** For this set, focus on achieving and maintaining a good, strong flutter/freestyle kick. The kick should be generated from the hips and into a straight but supple leg. Toes should be pointed but not rigid. The kick should feel just as powerful pushing to the bottom of the pool as it feels pulling to the surface.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
4 of 6	Swim #16 of 24		
	Equipment: kickboar	Do 1x (rest :10 for all):	
		300 free	300
		200 kick, build effort, easy to fast within the 200	200
		8x 50 free: odds, drill; evens, <u>b</u> uild	400
		Repeat 3x:	
		2x 25 kick* on back on :50	
		4x 50 free* on 1:10: odds, two-beat/low kick; evens, <u>o</u> verkick	
		2x 25 scull* with kicking on :50	
		2x 50 free* on 1:10, burst (first 15 yards fast, rest of the way easy	1,200
	Do 1x (rest :30 for all):		
	4x 25 free*, all out	100	
	300 choice (cool-down)	300	
	TOTAL	2,500 yards	

***Weekly Focus: Kick.** For this set, focus on achieving and maintaining a good, strong flutter/freestyle kick. The kick should be generated from the hips and into a straight but supple leg. Toes should be pointed but not rigid. The kick should feel just as powerful pushing to the bottom of the pool as it feels pulling to the surface.

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
5 of 6	Swim #17 of 24 Equipment: kickboard	Do 1x (rest :10 for all): 400 free 2x 75 kick 4x 50 drill: odds, free with six kicks, three stokes; evens, catch-up 8x 25 free, descend 1–4, 5–8 Repeat 3x: 50 free* on 1:00 50 free* on :55 50 free* on :50 50 free* on :45 50 free* on :40 (make it!) 100 choice on 3:00, very easy Do 1x (rest :15 for all): 200 kick 200 choice TOTAL	 400 150 200 200 150 150 150 150 150 300 200 200 2,400 yards

***Weekly Focus: Building Speed.** For this set, really emphasize the effort and put power into your stroke and kick. There should be noticeable effort differences between easy and fast. If you need more rest to give a truly hard effort, take it. Recovery is the key to hitting peak speed!

Main set this week has you on a forced descend using the intervals; goal is to keep a strong and relaxed stroke; staying calm and in control will help you make it until the end!

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
5 of 6	Swim #18 of 24 Equipment: kickboard	Do 1x (rest :10 for all): 300 free 200 kick 200 catch-up drill; maintain kick 100 free, perfect swim, technique focused 4 x 50 free, descend 1–4 100 free, easy Repeat 4x: 75 free* on 1:30, build to fast 125 free* on 2:20, negative split; speed change in middle of third 25 50 choice on 1:10, easy (recovery) Do 1x (rest :15 for all): 4x 50 kick, build each 50 300 free easy (recovery) TOTAL	 300 200 200 100 200 100 300 500 200 200 300 2,600 yards

***Weekly Focus: Building Speed.** For this set, really emphasize the effort and put power into your stroke and kick. There should be noticeable effort differences between easy and fast. If you need more rest to give a truly hard effort, take it. Recovery is the key to hitting peak speed!

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
5 of 6	Swim #19 of 24 Equipment: paddles	Do 1x (rest :10 for all): 200 free 2x 150: 50 kick/50 drill choice/50 swim 200 free 4x 50 free, descend 1–4, easy to fast 100 free, easy Repeat 3x: 2x 25 free* on 1:00, fast (all out!) 100 nonfree* on 3:00, easy 50 free* on 1:00, fast (all out!) 200 free* with paddles on 3:30 Do 1x: 2x 25 free* with fins on 1:00, fast (all out!) 200 free* with fins on 3:30 Do 1x (rest :15 for all): 100 nonfree 100 kick 100 free TOTAL	 200 300 200 200 100 150 300 150 600 50 200 100 100 100 2,750 yards

***Weekly Focus: Building Speed.** For this set, really emphasize the effort and put power into your stroke and kick. There should be noticeable effort differences between easy and fast. If you need more rest to give a truly hard effort, take it. Recovery is the key to hitting peak speed!

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
5 of 6	Swim #20 of 24 Equipment: none	Do 1x (rest :10): 200 free Repeat 2x (rest :10 for all): 2x 75: 25 kick/25 drill/25 swim 100 free, perfect, technique focused 4x 25 free, descend 1–4 to fast Repeat 4x (rest :20 for all): 25 free*: 12.5 yards fast, 12.5 yards easy 25 free*: 12.5 yards easy, 12.5 yards fast 25 free, easy 25 free*, fast 100 choice, easy Do 1x (rest :30 for all): 2x 50 free*, all out 300 choice (cool-down) TOTAL	 200 300 200 200 100 100 100 100 400 100 300 2,100 yards

***Weekly Focus: Building Speed.** For this set, really emphasize the effort and put power into your stroke and kick. There should be noticeable effort differences between easy and fast. If you need more rest to give a truly hard effort, take it. Recovery is the key to hitting peak speed!

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
6 of 6	Swim #21 of 24 Equipment: kickboard		

***Weekly Focus: Putting It All Together.** Use this set to combine what you've worked on in previous weeks (streamline, turns, catch, kick, building speed).

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
6 of 6	Swim #22 of 24	Do 1x (rest :10): 300 free	300
		Repeat 2x (rest :10 for all):	
		200: 50 kick/50 swim/50 drill/50 swim	400
		4x 50 free, descend 1–4 from easy to fast	400
		Do 1x (rest :20 for all):	
		4x 150 swim*: odds, right paddle and left fin; evens, left paddle and right fin	600
		Repeat 3x (rest :15 for all):	
		2x 25 scull	150
		100 free, build	300
		100 free with paddles, build	300
		Do 1x (rest :20):	
		200 free, easy (recovery)	200
		TOTAL	2,650 yards

***Weekly Focus: Putting It All Together.** Use this set to combine what you’ve worked on in previous weeks (streamline, turns, catch, kick, building speed).

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
6 of 6	Swim #23 of 24	Do 1x (rest :10)	
		200 free	200
		Do 1x (rest :10):	
		400 free* with paddles; every other turn fast	400
		Repeat 3x:	
		50 free* on 1:10; first 15 yards fast, rest easy	
		50 free* on 1:10; in/out of turn fast, rest easy	150
		50 free* on 1:10; last 15 yards to wall fast, rest easy	150
		100 kick on 2:30, build	300
		100 drill choice on 2:00	300
		Do 1x (rest :10):	
		300 free, easy (recovery)	300
		TOTAL	2,750 yards

***Weekly Focus: Putting It All Together.** Use this set to combine what you've worked on in previous weeks (streamline, turns, catch, kick, building speed).

Training Plan for Breaking 1:15 in the 100 Free

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
6 of 6	Swim #24 of 24		
	Equipment: kickboard	Do 1x (rest :10 for all):	
		300 free	300
		200 kick, build effort, easy to fast, within the 200	200
		8x 50; odds, drill; evens, <u>build</u>	400
		Repeat 2x (rest :20 for all):	
		25 free*: 12.5 yards fast, 12.5 yards easy	50
		25 free*: 12.5 yards easy, 12.5 yards fast	50
		25 free, easy	50
		25 free*, fast	50
		100 choice. easy	200
		Do 1x (rest :30 for all):	
		100 free*, all out	100
	300 choice (cool-down)	300	
	TOTAL	1,700 yards	

***Weekly Focus: Putting It All Together.** Use this set to combine what you've worked on in previous weeks (streamline, turns, catch, kick, building speed).

Congrats! You have completed your Training Plan for Breaking 1:15 in the 100 Free. If you're looking for your next goal, visit our [Training Plans](#) page.