

MILER #8

<u>WU</u>	4 x 100 yds, swim on 1:50	=	400 yds
<u>S</u>	Swim 100, then kick a 50, 4 x through, resting 15-30 seconds in between		600 yds
<u>P</u>	7 x 50 yds, freestyle, pull on 1:15	=	350 yds
<u>WD</u>	2 x 200 yds, swim on 3:45	=	400 yds
			<u>1750 yds</u>

MILER #7

<u>WU</u>	500 yd swim	=	500 yds
<u>S</u>	6 x 50, freestyle, back, breast, on 1:15	=	300 yds
<u>K</u>	Kick 5 x 50, resting 15-30 seconds in between	=	250 yds
<u>P</u>	3 x 100, freestyle, pull on 2:30	=	300 yds
<u>WD</u>	2 x 200 freestyle, on 3:30	=	400 yds
			<u>1750 yds</u>

MILER #3

<u>WU</u>	4 x 100 yds, freestyle, every 2:00	=	400 yds
<u>S</u>	1 x 50 yds, freestyle	=	50 yds
<u>S</u>	10 x 25 yds, hard, rest 15 seconds in between each	=	250 yds
<u>S</u>	10 x 25 yds, any stroke <u>but</u> freestyle, rest 20 seconds in between	=	250 yds
<u>K</u>	Kick 6 x 75 yds, every 1:30 or 1:45, 8 x 50 yds, free, back, breast, on 1:00	=	400 yds
<u>WD</u>	2 x 200 yds, freestyle, every 4:00	=	<u>400 yds</u>
			1750 yds

MILER #5

<u>WU</u>	3 x 100 yds, freestyle, on 2:00	=	300 yds
<u>K</u>	Kick 11 x 50, alternating free, back, breast, rest 10-15 seconds in between	=	550 yds
<u>S</u>	Swim a 100, then a 50, 4 times through, resting 15-30 seconds in between	=	600 yds
<u>WD</u>	3 x 100 yds, freestyle, on 2:00	=	300 yds
			<u>1750 yds</u>

MILER #6

<u>WU</u>	4 x 75 yds, freestyle, on 1:30	=	300 yds
<u>S</u>	5 x 200 yds, freestyle, on 3:30	=	1000 yds
<u>S</u>	10 x 25 yds, freestyle, back, breast, resting 10-15 seconds in between	=	250 yds
<u>WD</u>	1 x 200 yds, freestyle	=	200 yds
			<u>1750 yds</u>

MILER #2

<u>WU</u>	3 x 100 yds, freestyle, every 2 minutes	=	300 yds
<u>S</u>	Swim 3, 5, 7, 5, 3 laps, freestyle	=	575 yds
<u>K</u>	Kick a 100, 200, 100 (choice), resting 1 minute in between	=	400 yds
<u>S</u>	6 x 50 yds, alternate freestyle, breast, back, every 1:15	=	300 yds
<u>WD</u>	1 x 200 yds, freestyle	=	200 yds
			<u>1775 yds</u>