

**The MPSS 16-week Work-out Routine,  
plus Additional Challenges**

**Week 9**

**Halfway to a mile! You're doing great!!**

**Focus:** Using the clock and pacing

**Week 9: Day 1 (coach directed)**

**Warm-up**

400 (alt 50 FR, 25 FR DR, 25 CH)  
(400)

**Main set**

300 FR  
50 K  
200 FR  
50 K  
100 FR  
50 K  
R 1:00

x2, R :00-:10 max after each distance.  
Speed increases as distance decreases.

100 FR IM or FR R :15  
100 (75 FR, 25 (4 Tarzan, 4 S strokes FR)) R :15 } x2 R :30

200 P build x 25 R :20  
2x50 S CH (not FR) R :15  
2x25 FR fast R :30  
(2250)

**Cool down**

100-200 CH DR

**TOTAL = 2850**

**Michael Phelps Swim School**

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**Week 9: Day 2 (self guided)**

Choose your favorite work-out from Week 8 or if you swim the ladder take :10 rest at each distance and add all or part of the bracket.

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**Week 9: Day 3**

**Warm-up**

300 FR

6x50 K CH

4x75 P (breathe every 4 strokes) R :15

(900)

**Main set**

200 FR moderate R :20 } x2

2x75 fast R :20 }

R :30

200 FR IM R :20

400 FR (75 FR, 25 SGB)

(1300)

**Cool down**

200 DR CH

**TOTAL = 2400**

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**Week 9: Day 4** (Use the 50 meter or yard lane if available.) (self guided)

**Warm-up**

50 F  
50 SGB  
50 S CH  
50 SGB  
(400)

x2

**Main set**

3x400 FR R 2:00 @ 400 (If you want, add a few Tarzan strokes.)  
(1200)

**Cool down**

200 CH (not FR) (add some kicks)

**TOTAL = 1800**

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