

DAY/DATE: MONDAY/JUNE 10, 2019

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull• 200 swim
EN-1	<u>2 x thru:</u> <ul style="list-style-type: none">• 2 x 25 kick @ r=10• 2 x 50 @ r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 2 x 75 @ r=20<ul style="list-style-type: none">◦ 25 scull with flutter kick/25 drill/25 swim
EN-1 TO EN-1	3 x 500 @ r=45 <ul style="list-style-type: none">• #1: pull with buoy and band (or crossed legs)• #2: pull with buoy• #3: swim
REC	100 easy

Total = 3000

DAY/DATE: TUESDAY/JUNE 11, 2019

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none">• 400 swim• 100 back kick• 100 IM drill
EN-1	2 x 300 pull @ 4:45 or r=15 • breathe 3/5/3/7/3/5 by 50's
EN-1 TO EN-2	8 x 75 swim @ 1:30 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none">• 25 fly/50 free• 25 back/50 free• 25 breast/50 free• 25 fly/25 back/25 breast
EN-3/REC	20 x 25 swim with fins @ 45 or r=20 • 15 meters (or yards) fast underwater dolphin kick/10 meters (or yards) easy swim
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 12, 2019

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	3 x (200 swim, 100 kick)
EN-1	<ul style="list-style-type: none">• 4 x 75 pull @ 1:30 or r=15<ul style="list-style-type: none">◦ breathe 3/5/3 by 25's• 4 x 50 pull @ 55 or r=10<ul style="list-style-type: none">◦ breathe 3/5 by 25's• 4 x 25 pull @ 30 or r=5<ul style="list-style-type: none">◦ breathe every 5th stroke
EN-1 TO EN-3	<ul style="list-style-type: none">• 4 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none">◦ descend times 1-4• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 4 x 50 swim @ 60 or r=15<ul style="list-style-type: none">◦ same pace as 4th 100• 4 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none">◦ all fast
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JUNE 13, 2019

FOCUS: STROKE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	4 x (100 swim, 50 kick)
EN-1	400 pull: breathe 3/5/3/5/3/5/3/5 by 50's
EN-1	4 x 50 "stroke" drill @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 100 @ 2:00 or r=20<ul style="list-style-type: none">◦ 25 "stroke"/75 free• 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none">◦ 50 "stroke"/50 free• 3 x 100 @ 2:20 or r=20<ul style="list-style-type: none">◦ 75 "stroke"/25 free• 3 x 100 @ 2:30 or r=20<ul style="list-style-type: none">◦ 100 "stroke"
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JUNE 14, 2019

FOCUS: SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC TO EN-1	<ul style="list-style-type: none">• 400 swim• 200 kick• 4 x 75 @ r=15<ul style="list-style-type: none">◦ 25 kick/25 drill/25 swim• 200: 25 scull with free kick/25 swim• 4 x 50 swim @ r=15<ul style="list-style-type: none">◦ build each 50
SP-1/REC	<ul style="list-style-type: none">• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ fast• 1 x 200 swim<ul style="list-style-type: none">◦ easy• 2 x 75 swim @ 2:00 or r=45<ul style="list-style-type: none">◦ fast• 1 x 200 swim<ul style="list-style-type: none">◦ easy• 2 x 50 swim @ 1:00 or r=20<ul style="list-style-type: none">◦ fast• 1 x 200 swim<ul style="list-style-type: none">◦ easy• 2 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ fast• 1 x 200 swim<ul style="list-style-type: none">◦ easy

Total = 2500