

DAY/DATE: MONDAY/JULY 1, 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 TO EN-1	<ul style="list-style-type: none">• 400 swim• 4 x 50 kick @ r=10• 8 x 25 pull @ r=5
EN-1 TO EN-2	<u>Increase speed as swims get shorter:</u> <ul style="list-style-type: none">• 1 x 400 swim @ 6:40 or r=40<ul style="list-style-type: none">◦ 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">▪ 4 x 100 swim @ 1:40 or r=10• 8 x 50 swim @ 55 or r=10
EN-1	20 x 25 @ 40 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim• drills (<u>2</u> x thru):<ul style="list-style-type: none">▪ 10-beat free▪ 10-beat free with top scull▪ catch-up free▪ human stroke free ("long dog" free)▪ corkscrew (4 strokes free, 5 strokes back)
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JULY 2, 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• 8 x 25 drill @ r=10<ul style="list-style-type: none">◦ 200 IM order
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-2	4 x 100 kick @ 2:30 or r=15 <ul style="list-style-type: none">• #1: 50 fly/50 back• #2: 50 back/50 breast• #3: 50 breast/50 free• #4: 100 IM
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-2	12 x 50 swim @ 1:10 or r=20 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 3, 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 TO EN-1	<ul style="list-style-type: none">• 300 swim• 6 x 50 @ r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 200 kick
EN-1 TO EN-3	<u>3 x thru:</u> <ul style="list-style-type: none">• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate pace• 4 x 50 swim @ 1:00 or r=20<ul style="list-style-type: none">◦ at 400 race pace + 2 seconds• 4 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ at 400 race pace• extra 30 seconds rest
EN-1 TO EN-3	12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• fast in and out of turns!• fast finish!
REC	100 swim

Total = 3000

DAY/DATE: THURSDAY/JULY 4, 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	500 swim
SP-1/REC	10 x 25 @ 45 or r=15 <ul style="list-style-type: none">1st ½ length: underwater dolphin kick2nd ½ length: easy free
EN-1	250 pull: breathe 3/4/5/4/3 by 50's
EN-2/EN-1	30 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">25 "stroke"/25 free
EN-1	250 pull: breathe 3/5/3/5/3 by 50's
SP-1/REC	10 x 25 @ 45 or r=15 <ul style="list-style-type: none">1st ½ length: underwater dolphin kick2nd ½ length: easy free
REC	250 swim

Total = 2500

DAY/DATE: FRIDAY/JULY 5, 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	<ul style="list-style-type: none">• 200 free• stretch for 2 minutes• 200 swim (mix of strokes)• stretch for 2 minutes• 200 kick (mix of strokes)• stretch for 2 minutes
EN-1	8 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-3	<ul style="list-style-type: none">• 3 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none">◦ #1: push pace on 3rd 50◦ #2: push pace on 2nd 50◦ #3: push pace on 1st 50• 6 x 50 "stroke" @ 1:10 or r=20<ul style="list-style-type: none">◦ descend times 1-3, 4-6• 3 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none">◦ #1: push pace on 1st 50◦ #2: push pace on 2nd 50◦ #3: push pace on 3rd 50
REC/SP-1	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 swim

Total = 2500