

DAY/DATE: MONDAY/JULY 8, 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          | 500 choice                                                                                                                                                                                                                                                                                                                                                    |
| EN-1         | <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 2 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's</li></ul></li><li>• 4 x 50 @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li></ul>                                                                                         |
| EN-2 TO EN-3 | <u>Timed 1500 swim (subtract 1 minute to get time):</u> <ul style="list-style-type: none"><li>• 500 @ r=15<ul style="list-style-type: none"><li>▪ 400 @ r=15<ul style="list-style-type: none"><li>◦ 300 @ r=15<ul style="list-style-type: none"><li>• 200 @ r=15<ul style="list-style-type: none"><li>▪ 100</li></ul></li></ul></li></ul></li></ul></li></ul> |
| REC          | 200 choice                                                                                                                                                                                                                                                                                                                                                    |

Total = 3000

DAY/DATE: TUESDAY/JULY 9, 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  | 2 x (125 swim, 125 kick)                                                                                                                                                   |
| EN-1 | 12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none"><li>• 4 x 50 25 fly/25 back</li><li>• 4 x 50 25 back/25 breast</li><li>• 4 x 50 25 breast/25 free</li></ul> |
| EN-2 | 6 x 75 swim @ 1:40 or r=20<br><u>2 x thru:</u> <ul style="list-style-type: none"><li>• 50 fly/25 back</li><li>• 50 back/25 breast</li><li>• 50 breast/25 free</li></ul>    |
| EN-1 | 450 pull: breathe 3/5 by 50's                                                                                                                                              |
| EN-2 | 6 x 50 swim @ 1:05 or r=15<br><u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 fly/25 back</li><li>• 25 back/25 breast</li><li>• 25 breast/25 free</li></ul>    |
| REC  | 200 choice                                                                                                                                                                 |

Total = 2500

DAY/DATE: WEDNESDAY/JULY 10, 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            |

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| REC          | <ul style="list-style-type: none"><li>• 200 swim</li><li>• 100 kick</li><li>• 200 (25 drill/25 swim)</li><li>• 100 kick</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| EN-1         | 12 x 25 swim @ r=10 <ul style="list-style-type: none"><li>• descend stroke count 1-4, 5-8, 9-12</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| EN-1 TO EN-2 | <ul style="list-style-type: none"><li>• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's</li></ul></li><li>• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's</li></ul></li></ul> |
| REC          | 100 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

Total = 3000

DAY/DATE: THURSDAY/JULY 11, 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             | 400 swim                                                                                                                                                                                                                                                  |
| EN-1            | 8 x 25 @ r=5<br>• 25 scull/25 pull                                                                                                                                                                                                                        |
| EN-1            | 8 x 50 @ r=15<br>• 25 "stroke" drill/25 "stroke"<br>• 25 free drill/25 free                                                                                                                                                                               |
| EN-1 TO<br>EN-2 | <u>2 x thru:</u><br>• 1 x 300 swim @ 5:00 or r=30<br>◦ all free<br>• 1 x 200 swim @ 3:30 or r=20<br>◦ 50 "stroke"/50 free/50 "stroke"/50 free<br>• 1 x 100 swim @ 2:00 or r=20<br>◦ 50 free/50 "stroke"<br>• 1 x 50 swim @ 1:15 or r=30<br>◦ all "stroke" |
| REC             | 200 choice                                                                                                                                                                                                                                                |

Total = 2500

DAY/DATE: FRIDAY/JULY 12, 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            |

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|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| REC            | 500 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| EN-1           | 10 x 25 @ 40 or r=10<br>• 25 drill/25 build                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| REC TO<br>SP-1 | <ul style="list-style-type: none"><li>• 2 x 150 swim @ 3:00 or r=60<ul style="list-style-type: none"><li>◦ 85% effort</li></ul></li><li>• 1 x 200 swim @ 4:30 or r=60<ul style="list-style-type: none"><li>◦ ½ speed (recovery pace)</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=45<ul style="list-style-type: none"><li>◦ 90% effort</li></ul></li><li>• 1 x 200 swim @ 4:30 or r=60<ul style="list-style-type: none"><li>◦ ½ speed (recovery pace)</li></ul></li><li>• 6 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none"><li>◦ 95% effort</li></ul></li><li>• 1 x 200 swim @ 4:30 or r=60<ul style="list-style-type: none"><li>◦ ½ speed (recovery pace)</li></ul></li></ul> |
| EN-1 TO<br>REC | 10 x 25 swim @ 40 or r=10<br>• ascend pace 1-10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

Total = 2500