

DAY/DATE: MONDAY/SEPTEMBER 16, 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	• 200 swim • 200 kick • 200 pull
EN-1 TO EN-2	• 6 x 100 pull @ 1:40 or r=10 ◦ descend times 1-3, 4-6 • 4 x 150 pull or swim @ 2:30 or r=15 ◦ descend times 1-4 • 2 x 300 swim @ 4:50 or r=20 ◦ descend times 1-2
EN-1/EN-2	16 x 25 swim @ 30 or r=5-10 • 25 easy/25 fast
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 17, 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	300 swim
EN-1	6 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1	12 x 25 @ 40 or r=10 • 25 kick/25 drill/25 swim • 3 x 25 each stroke, IM order
EN-1 TO EN-2	<u>4 x thru (continuous):</u> • 25 back • 25 fly • 25 back • 25 breast • 75 free
EN-2	<u>4 x thru:</u> • 1 x 100 IM @ 2:20 or r=30 • 4 x 25 swim @ 40 or r=10 ◦ IM order
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 18, 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	• 400 swim • 8 x 50 @ r=10 ◦ 25 scull with flutter kick/25 swim
EN-1 TO EN-3	• 1 x 400 pull @ 7:00 or r=60 ◦ breathe 3/4/5/choice by 100's • 2 x 200 swim @ 3:30 or r=30 ◦ negative split each 200 • 4 x 100 swim @ 1:45 or r=15 ◦ descend times 1-4 (to ~800 race pace) • 8 x 50 swim @ 1:00 or r=15 ◦ at ~800 race pace • 16 x 25 swim @ 30 or r=10 ◦ at ~400 race pace
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 19, 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 choice
EN-1 TO EN-2	<u>3 x thru:</u> • 1 x 150 swim @ 3:00 or r=30 ▪ 2 x 75 kick @ 2:00 or r=20 ◦ 3 x 50 drill @ 1:15 or r=15 • 6 x 25 swim @ 45 or r=10
EN-1 TO REC	8 x 25 swim @ r=10 • ascend times 1-4, 5-8

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 20, 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	500 choice
EN-1	10 x 25 @ 40 or r=10 • 25 drill/25 build
REC TO EN-3	• 2 x 150 swim @ 3:00 or r=60 ◦ 80% effort • 2 x 100 swim @ 2:00 or r=20 ◦ ½ speed (recovery pace) • 4 x 75 swim @ 2:00 or r=60 ◦ 85% effort • 2 x 100 swim @ 2:00 or r=20 ◦ ½ speed (recovery pace) • 6 x 50 swim @ 1:45 or r=60 ◦ 90% effort • 2 x 100 swim @ 2:00 or r=20 ◦ ½ speed (recovery pace)
EN-1 TO REC	10 x 25 swim @ 40 or r=10 • ascend pace 1-5, 6-10

Total = 2500