

DAY/DATE: MONDAY/SEPTEMBER 2, 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 TO EN-2	• 4 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 50's • 1 x 400 swim @ 6:40 or r=40 ◦ negative split • 2 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5 by 50's • 2 x 200 swim @ 3:20 or r=20 ◦ descend times 1-2 • 1 x 400 pull @ 6:40 or r=40 ◦ breathe 3/4/5/choice by 100's • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 3, 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	• 400 swim • 200 IM kick
EN-1	8 x 25 (25 drill/25 swim) @ r=10 • 2 each stroke, IM order
EN-1 TO EN-2	• 1 x 400 IM @ 8:00 or r=60 ◦ negative split last 3 x 100's • 4 x 50 pull @ 1:00 or r=15 ◦ breathe every 3rd stroke • extra 30 seconds rest • 1 x 300 IM @ 6:00 or r=45 ◦ each 75: 25 DPS/50 strong • 4 x 50 pull @ 55 or r=10 ◦ breathe every 3rd stroke • extra 30 seconds rest • 1 x 200 IM @ 4:00 or r=30 ◦ negative split last 3 x 50's • 4 x 50 pull @ 50 or r=5 ◦ breathe every 3rd stroke
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPTEMBER 4, 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
EN-1	5 x 50 (25 drill/25 swim) @ 1:00 or r=10
EN-1 TO EN-2	• 1 x 400 swim @ 6:40 or r=40 ◦ negative split • 2 x 300 swim @ 5:00 or r=30 ◦ descend times 1-2 • 3 x 200 swim @ 3:20 or r=20 ◦ descend times 1-3 • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4 • 5 x 50 swim @ 50 or r=5 ◦ descend times 1-5
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 5, 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 choice
EN-1 TO EN-2	1 x 500 pull @ 8:00 or r=30 • breathe 3/5/3/5/3 by 100's 20 x 25 kick @ 45 or r=10 <u>5 x thru:</u> • 2 x 25 "stroke" kick • 2 x 25 choice kick 2 x 250 swim @ 5:00 or r=20 • #1: 50 free/50 "stroke"/50 free/50 "stroke"/50 free • #2: 50 "stroke"/50 free/50 "stroke"/50 free/50 "stroke" 10 x 50 swim @ 1:00 or r=10 <u>Alternate:</u> • 50 "stroke" drill • 50 "stroke" swim
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 6, 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	6 x (50 swim/25 kick/25 drill)
EN-1	8 x 25 (25 scull/25 pull) @ r=5
EN-1/EN-2	12 x 25 @ 40 or r=10 • 25 drill/25 build
SP-1/REC	10 x 50 swim @ 1:10 or r=20-30 • odd 50's: best 200 pace + 1 second • even 50's: easy
REC	8 x 25 scull with free kick @ r=5
SP-1/REC	10 x 25 swim @ 45 or r=20 • odd 25's: best 100 pace + 1 second • even 25's: easy
EN-1	2 x (25 scull/25 glide/25 pull)
EN-1 TO REC	300 swim: ascend pace by 100's

Total = 2500