

DAY/DATE: MONDAY/SEPTEMBER 30, 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	300 choice
EN-1	8 x 25 scull with flutter kick @ r=5
EN-1 TO EN-2	<u>3 x thru:</u> <ul style="list-style-type: none">• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-4• extra 60 seconds rest
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 1, 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	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1/EN-2	8 x 50 kick @ r=10 • 25 easy/25 fast
EN-2	5 x 75 swim @ 1:45 or r=20 • 25 fly/25 free/25 fly • easy 25 at end of set
EN-2	5 x 75 swim @ 1:45 or r=20 • 25 back/25 free/25 back • easy 25 at end of set
EN-2	5 x 75 swim @ 1:45 or r=20 • 25 breast/25 free/25 breast • easy 25 at end of set
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 2, 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 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">◦ 25 easy/25 fast• 2 x 200 swim @ 3:30 or r=20<ul style="list-style-type: none">◦ negative split• 16 x 25 @ 40 or r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ breathe 3/5 by 50's• 1 x 200 @ 4:00 or r=20<ul style="list-style-type: none">◦ 25 drill/25 swim• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none">◦ <u>2 x thru:</u><ul style="list-style-type: none">▪ 2 x 50 DPS▪ 2 x 50 build
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 3, 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	400 pull: negative split
EN-1/EN-2	8 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">• negative split• choice of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-1/EN-2	6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none">• negative split• choice of strokes
EN-1	200 pull: breathe 3/5/3/5 by 50's
EN-1/EN-2	4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• negative split• choice of strokes
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 4, 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 swim• 200 kick• 200 pull• 100 scull
EN-1 TO EN-2	12 x 25 swim @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 DPS• 25 build• 25 fast breakout, easy to wall
EN-1 TO EN-3	<ul style="list-style-type: none">• 2 x 150 swim @ 3:00 or r=30<ul style="list-style-type: none">◦ negative split each 150• 200 easy swim• 4 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none">◦ 25 build/50 fast!• 200 easy swim• 12 x 25 swim @ 45 or r=15<ul style="list-style-type: none">◦ <u>4 x thru:</u><ul style="list-style-type: none">▪ 1 x 25 build▪ 2 x 25 swim fast!
REC	200 choice

Total = 2500