

DAY/DATE: MONDAY/NOVEMBER 11, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 pull</li><li>• 200 kick</li></ul>
EN-1 TO EN-2	<p><u>2<sup>nd</sup> repeat faster than 1<sup>st</sup> in each set:</u></p> <ul style="list-style-type: none"><li>• 2 x 400 swim @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>▪ 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>• 2 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ 2 x 50 swim @ 1:00 or r=15</li></ul></li></ul></li></ul></li></ul></li></ul>
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"><li>• 25 scull/25 glide stroke/25 pull</li></ul>

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 12, 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	500 choice
EN-1	8 x 50 pull @ 55 • breathe 3/5 by 25's
EN-1 TO EN-2	<u>4 x thru (Milt Nelms' Axes Swim):</u> • 25 back ◦ 25 fly ▪ 25 back • 25 breast ◦ 25 free ▪ 25 free • 25 free
EN-2	<u>4 x thru:</u> • 1 x 50 swim (200 IM order by rnd) @ 1:05 or r=15 • 1 x 100 IM @ 2:00 or r=30
REC	12 x 25 @ r=5 • 25 scull with kick/25 swim

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 13, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5/7 by 50's</li></ul>
EN-1 TO EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 200 swim (moderate pace) @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ 1 x 150 swim (faster pace) @ 2:30 or r=15<ul style="list-style-type: none"><li>▪ 1 x 100 swim (faster pace) @ 1:45 or r=15</li></ul></li></ul></li><li>• 1 x 50 swim (fastest pace) @ 1:30 or r=30</li></ul>
REC	4 x (25 scull/25 glide stroke/25 pull)
EN-1/EN-3	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 14, 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 TO EN-2	10 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"><li>figure average time for each set of 5 x 50</li><li>same stroke for each set of 5 x 50</li></ul>
EN-1	10 x 25 @ 45 or r=10 <ul style="list-style-type: none"><li>25 "stroke" drill/25 "stroke" swim</li></ul>
EN-1	10 x 50 @ 1:15 or r=20 <ul style="list-style-type: none"><li>25 "stroke" drill/25 "stroke" swim</li><li>note times and # strokes per length</li></ul>
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1	10 x 25 @ 45 or r=10 <ul style="list-style-type: none"><li>25 "stroke" drill/25 "stroke" swim</li></ul>
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 15, 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"><li>• 300 swim</li><li>• 6 x 50 pull @ r=10</li></ul>
EN-1	12 x 25 @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
EN-2 TO EN-3	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"><li>• fastest possible average</li></ul>
EN-1	400 pull: breathe 3/5/3/optional by 100's
EN-2 TO SP-1	8 x 25 swim @ 50 or r=30 <ul style="list-style-type: none"><li>• fastest possible average</li></ul>
REC/EN-2	400 kick: every 3 <sup>rd</sup> length fast!
REC	8 x 25 scull with freestyle kick @ r=5

Total = 2500