

DAY/DATE: MONDAY/NOVEMBER 18, 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">• 200 swim• 200 kick• 200 pull
EN-1 TO EN-2	<p><u>Swim or pull this set. Build your pace on the way up, maintain your pace on the way down:</u></p> <ul style="list-style-type: none">• 1 x 100 @ 1:40 or r=10<ul style="list-style-type: none">▪ 1 x 200 @ 3:20 or r=20<ul style="list-style-type: none">◦ 1 x 400 @ 6:40 or r=40<ul style="list-style-type: none">• 1 x 800 @ 13:00 or r=80◦ 1 x 400 @ 6:40 or r=40▪ 1 x 200 @ 3:20 or r=20• 1 x 100 @ 1:40 or r=10
REC	8 x 25 (25 scull with flutter kick/25 swim) @ r=5

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 19, 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	<ul style="list-style-type: none">• 200 swim• 8 x 25 kick @ r=5<ul style="list-style-type: none">◦ 2 each stroke• 4 x 50 kick @ r=10<ul style="list-style-type: none">◦ 1 each stroke
EN-1	12 x 25 @ 45 <ul style="list-style-type: none">• 2 x 25 drill/1 x 25 swim• IM order
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 200 pull (moderate pace) @ 4:00• 1 x 300 back@ 6:30<ul style="list-style-type: none">◦ 3 x (50 kick/50 swim)• 1 x 200 pull (moderate pace) @ 4:00• 2 x 150 breast @ 3:30<ul style="list-style-type: none">◦ 50 drill/50 swim/50 drill• 1 x 200 pull (moderate pace) @ 4:00• 12 x 25 fly @ 45<ul style="list-style-type: none">◦ 25 drill/25 swim
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 20, 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	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">◦ descend times 1-3• 3 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">◦ descend times 1-3• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 21, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 25 drill @ r=10 <ul style="list-style-type: none">• 2 of each stroke
EN-1 TO EN-2	<u>3 x thru (one stroke per round):</u> <ul style="list-style-type: none">• 75 kick @ 1:45 or r=15• 50 kick/25 swim @ 1:45 or r=15• 25 kick/50 swim @ 1:45 or r=15• 75 swim @ 1:45 or r=20
EN-1	6 x 50 pull @ 1:05 or r=15 <ul style="list-style-type: none">• 25 breast/25 free
EN-1	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 22, 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 swim
EN-1	4 x 75 @ 1:30 or r=15 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	<ul style="list-style-type: none">• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ 70% effort• 4 x 25 swim @ 30 or r=5<ul style="list-style-type: none">◦ 90% effort• 1 x 200 swim @ 4:00 or r=45<ul style="list-style-type: none">◦ 70% effort• 4 x 25 swim @ 35 or r=10<ul style="list-style-type: none">◦ 90% effort• 1 x 400 pull @ 7:30 or r=60<ul style="list-style-type: none">◦ 70% effort• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ 90% effort• 1 x 200 swim @ 4:00 or r=45<ul style="list-style-type: none">◦ 70% effort• 4 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ 90% effort• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ 70% effort
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 2500