

DAY/DATE: MONDAY/NOVEMBER 25, 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 swim
EN-1	12 x 50 @ r=10 3 x thru: • 1 x 50 kick • 1 x 50 drill • 2 x 50 swim
EN-1 TO EN-2	• 1 x 400 pull @ 6:40 or r=40 ◦ 3 x 100 swim @ 1:40 or r=10 ▪ 4 x 50 swim @ 50 or r=5 • 1 x 100 swim @ 1:40 or r=10 • 1 x 300 pull @ 5:00 or r=30 ◦ 2 x 100 swim @ 1:40 or r=10 ▪ 2 x 50 swim @ 50 or r=5 • 1 x 200 pull @ 3:20 or r=20 ◦ 1 x 100 swim @ 1:40 or r=10 • 1 x 100 pull @ 1:40 or r=10
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 26, 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 @ 1:10 or r=15 • 25 kick/25 drill
EN-2	<u>4 x thru:</u> • 1 x 100 IM @ 2:20 or r=30 • 3 x 50 swim @ 1:00 or r=10 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 2 x 25 easy freestyle @ r=10 • 1 minute between rounds
EN-1	4 x 50 @ 1:05 or r=15 • 25 drill/25 swim
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 27, 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	600 choice
EN-1 TO EN-3	• 3 x 200 pull @ 3:20 or r=20 ◦ descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 ◦ 1st 25 DPS/2nd 25 fast! • 2 x 200 pull @ 3:20 or r=20 ◦ descend times 1-2 • 6 x 50 swim @ 1:00 or r=15 ◦ 1st 25 fast!/2nd 25 DPS • 1 x 200 pull @ 3:20 or r=20 ◦ negative split • 6 x 50 swim @ 1:00 or r=15 ◦ fast turn, fast finish!
REC	12 x 25 @ r=5 <u>4 x thru:</u> • 25 scull • 25 glide stroke • 25 pull

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 28, 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	300 swim
EN-1	16 x 25 @ 40 or r=10-15 <u>4 x thru:</u> • 25 kick • 25 drill • 25 build • 25 DPS
EN-1 TO EN-2	<u>2 x thru:</u> • 1 x 200 free @ 3:30 or r=30 • 2 x 100 "stroke" @ 2:15 or r=30 • 4 x 50 free @ 1:00 or r=15 • 8 x 25 "stroke" @ 45 or r=15 • extra 30 seconds rest
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 29, 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	600 choice
EN-1	8 x 25 build @ r=10
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 • #1/#5: 4th 25 = fast! • #2/#6: 3rd 25 = fast! • #3/#7: 2nd 25 = fast! • #4/#8: 1st 25 = fast!
REC	8 x 25 swim @ r=10
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 • #1: 2nd 50 = fast! • #2: middle 50 = fast! • #3: 1st 50 = fast! • #4: 1st and 4th 25's = fast!
REC	12 x 25 (25 scull with kick/25 swim) @ r=10

Total = 2500