

DAY/DATE: MONDAY/MARCH 16, 2020

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	400 choice
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 500 pull @ 8:20 or r=50<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5/3 by 100's</li></ul></li><li>• 10 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-5, 6-10</li></ul></li><li>• 1 x 400 pull @ 6:40 or r=40<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-3, 4-6</li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 17, 2020

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 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-1 TO EN-2	2 x 300 IM @ r=30 seconds • #1: 4 x (25 kick/25 drill/25 swim) • #2: 4 x (25 drill/50 swim)
EN-1	5 x 50 swim @ 1:05 or r=15 • 1 each stroke, 1 choice
EN-1 TO EN-2	5 x 50 swim @ 1:00 or r=10 • 1 each stroke, 1 choice
EN-2	5 x 50 swim @ 55 or r=5 • 1 each stroke, 1 choice
REC	150 swim

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 18, 2020

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 250 @ 4:50 or r=20 <ul style="list-style-type: none"><li>• <u>alternate</u>: 250 pull, 250 swim</li><li>• descend times 1-3 (3 pulls, 3 swims)</li></ul>
EN-1 TO EN-2	24 x 25 swim @ 30 or r=5-10 <u>8 x thru</u> : <ul style="list-style-type: none"><li>#1: relaxed, count strokes</li><li>#2: faster pace, hold same stroke count</li><li>#3: even faster pace, hold same stroke count</li></ul>
REC	6 x 50 @ r=10 <ul style="list-style-type: none"><li>• 25 scull/25 glide stroke</li></ul>

Total = 3000

DAY/DATE: THURSDAY/MARCH 19, 2020

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"><li>• 200 swim</li><li>• 200 drill</li><li>• 200 pull</li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull with free kick/25 swim</li></ul>
EN-2	8 x 75 @ 2:00 or r=20-30 2 x thru (one stroke for each round): <ul style="list-style-type: none"><li>• 75 kick</li><li>• 25 kick/50 swim</li><li>• 50 kick/25 swim</li><li>• 75 swim</li></ul>
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"><li>• 25 back/25 breast</li></ul>
EN-1 TO EN-2	8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 stroke/25 free</li></ul>
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/MARCH 20, 2020

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>• 200 swim</li><li>• 4 x 50 (25 drill/25 swim) @ r=10</li><li>• 8 x 25 (25 scull/25 pull) @ r=5</li></ul>
EN-1 TO EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"><li>• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ fast feet!</li></ul></li><li>• 3 x 50 @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 4 x 75 swim @ 2:00 or r=45<ul style="list-style-type: none"><li>◦ increase stroke tempo within each 75</li></ul></li></ul>
EN-3	<u>4 x BTF's (each "BTF" consists of 1 x 12.5, 1 x 25, and 1 x 12.5):</u> <ul style="list-style-type: none"><li>• B=breakout with 3 strokes fast</li><li>• ~20 seconds rest</li><li>• T=fast turn</li><li>• ~20 seconds rest</li><li>• F=fast finish</li><li>• ~40 seconds rest</li></ul>
REC	<u>8 x 25 @ r=5</u> <ul style="list-style-type: none"><li>• 25 scull with flutter kick/25 swim</li></ul>

Total = 2500