

DAY/DATE: MONDAY/MARCH 30, 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	• 200 swim • 200 kick • 200 pull
EN-1	11 x 50 pull @ 55 or r=10 • 1-5: breathe 3/5 by 25's • 6: breathe every 7th • 7-11: breathe 3/5 by 25's
EN-1 TO EN-3	<u>Davis Mile: Broken 1650</u> <u>Subtract 2½ minutes to get time</u> • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 ◦ 8 lengths (200) @ r=15 ◦ 7 lengths (175) @ r=15 ◦ 6 lengths (150) @ r=15 ◦ 5 lengths (125) @ r=15 ▪ 4 lengths (100) @ r=10 ▪ 3 lengths (75) @ r=10 ▪ 2 lengths (50) @ r=10 • 1 length (25)
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 31, 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	• 300 swim • 200 IM kick • 100 IM drill • 8 x 25 swim @ r=10 ◦ build each 25
EN-2	• 1 x 100 IM @ 2:15 or r=30 • 4 x 50 swim @ 1:10 or r=15 ◦ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=15 ◦ 25 back/25 breast • 1 x 300 IM @ 5:30 or r=45 • 4 x 50 swim @ 1:10 or r=15 ◦ 25 breast/25 free
EN-2	12 x 25 swim @ 40 or r=10 • 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 1, 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	200 swim, 200 kick, 200 pull
EN-1	12 x 50 @ 1:05 or r=15 • 25 10-beat free/25 free • 50 corkscrew: 4 strokes free, 5 strokes back • 25 10-beat back/25 back
EN-1 TO EN-3	<u>2 x thru:</u> Goal = 200 faster pace than 300, 100 faster pace than 200, 50 faster pace than 100 • 300 swim @ 5:00 or r=30 ◦ 200 swim @ 3:15 or r=15 ▪ 100 swim @ 1:40 or r=10 • 50 swim @ 1:45 or r=60
EN-1/EN-3	12 x 25 swim @ 40 or r=15 • 12.5 easy/12.5 fast • 12.5 fast/12.5 easy
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/APRIL 2, 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	4 x (50 swim, 25 drill, 25 kick)
EN-1	8 x 50 "stroke" @ 1:10 or r=15 • 25 drill/25 swim
EN-1 TO EN-2	4 x 50 "stroke" kick @ 1:30 or r=15 • descend times 1-4
EN-1	16 x 25 "stroke" @ 45 or r=15 • ½ length scull/½ length swim
EN-1 TO EN-2	4 x 100 swim @ 1:50 or r=15 • 25 free/25 stroke/25 free/25 stroke • descend times 1-4
EN-1 TO EN-2	4 x 50 "stroke" kick @ 1:30 or r=15 • descend times 1-4
EN-1 TO EN-2	16 x 25 "stroke" @ 45 or r=15 • descend times 1-4, 5-8, 9-12, 13-16
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/APRIL 3, 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	• 400 swim • 200 IM drill
EN-1 TO EN-3	<u>2 x thru:</u> • 1 x 200 swim @ 3:30 or r=30 ◦ negative split • 2 x 100 pull @ 1:40 or r=10 ◦ moderate effort, breathe every 3rd stroke • 4 x 50 kick @ 1:30 or r=15 ◦ negative split • 2 x 50 swim @ 1:30 or r=45+ ◦ hard effort • 4 x 25 swim @ 1:00 or r=20+ ◦ hard effort • extra 30 seconds rest
REC	300 swim: ascend pace of 100's

Total = 2500