

DAY/DATE: MONDAY/MAY 11, 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 • 4 x 25 swim ◦ reverse IM order
EN-1 TO EN-3	<u>3 x thru:</u> • 4 x 100 swim @ 1:50 or r=20 ◦ streamlined push-offs get longer (i.e., 3 dolphin kicks on 1st push-off, 4 dolphin kicks on 2nd push-off, 5 dolphin kicks on 3rd push-off, 6 dolphin kicks on last push-off) • 1 x 400 swim or pull @ 7:00 or r=60 ◦ descend times 1-3
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/MAY 12, 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	400 swim
EN-1	8 x 25 drill @ r=15 • 2 of each stroke, IM order
EN-1 TO EN-2	• 4 x 100 IM @ 2:00 or r=20 ◦ descend times 1-4 • 1 x 200 IM kick @ 4:40 or r=20 • 3 x 100 reverse IM @ 2:00 or r=20 ◦ descend times 1-3 • 2 x 100 IM kick @ 2:30 or r=20 • 2 x 100 IM @ 2:00 or r=20 ◦ descend times 1-2 • 4 x 50 kick @ 1:20 or r=10 ◦ 1 each stroke • 1 x 100 reverse IM @ 2:00 or r=20 ◦ negative split! • 8 x 25 kick @ 40 or r=10 ◦ 2 each stroke
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/MAY 13, 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	400 swim
EN-1	8 x 50 @ r=10 • 25 "human stroke" (or "long dog")/25 swim
EN-1 TO EN-3	<u>4 x thru:</u> <i>Goal: 2nd round faster than 1st, 3rd round faster than 2nd, 4th round faster than 3rd</i> • 50 free @ 1:00 or r=15 ◦ 100 free @ 1:45 or r=15 • 150 free @ 2:30 or r=15 ◦ 100 free @ 1:45 or r=15 • 50 free @ 1:00 or r=15
EN-1 TO REC	8 x 50 @ 1:05 or r=15 • 25 drill/25 swim • 400 IM order

Total = 3000

DAY/DATE: THURSDAY/MAY 14, 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
EN-1	• 2 x 150 @ r=15 ◦ 50 swim/50 kick/50 swim • 3 x 100 @ r=15 ◦ 50 kick/50 swim
EN-2/REC	• 5 x 75 swim @ 1:30 or r=20 ◦ 25 fly/50 back • 25 easy swim • 5 x 75 swim @ 1:30 or r=20 ◦ 25 back/50 breast • 25 easy swim • 5 x 75 swim @ 1:30 or r=20 ◦ 25 breast/50 free • 25 easy swim
EN-1	12 x 25 @ r=5 • 25 scull/25 pull
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/MAY 15, 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 TO EN-2	• 300 swim • 3 x 100 @ r=15 ◦ 25 drill/25 swim • 6 x 50 @ r=15 ◦ 25 drill/25 build • 12 x 25 swim @ r=15 ◦ 12.5 easy/12.5 fast ◦ 12.5 fast/12.5 easy ◦ 25 build ◦ 25 fast
EN-2 TO EN-3	<u>4 x thru:</u> • 1 x 100 swim @ 2:00 or r=30 ◦ DPS ▪ 2 x 50 swim @ 1:15 or r=30 • build ◦ 4 x 25 swim @ 1:00 or r=45 ▪ all fast!
REC	100: 25 scull/25 pull

Total = 2500