

DAY/DATE: MONDAY/MAY 4, 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	<ul style="list-style-type: none">• 300 swim• 200 kick• 100 pull
EN-1 TO EN-2	<u>3 x thru:</u> <ul style="list-style-type: none">• 1 x 300 pull @ 4:45 or r=15<ul style="list-style-type: none">◦ breathe 3/5/3 by 100's• 2 x 150 freestyle @ 2:30 or r=15<ul style="list-style-type: none">◦ 2nd 150 faster than 1st• extra 15 seconds between rounds
EN-1/EN-2	400 kick: every 3 rd length fast!
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MAY 5, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 50's
EN-2	<u>2 x thru:</u> <ul style="list-style-type: none">• 4 x 75 @ 1:45 or r=30<ul style="list-style-type: none">◦ 50 fly/25 back◦ 50 back/25 breast◦ 50 breast/25 free◦ 50 free/25 fly• 4 x 50 swim @ 1:05 or r=15<ul style="list-style-type: none">◦ 25 fly/25 back◦ 25 back/25 breast◦ 25 breast/25 free◦ 25 free/25 fly• 8 x 25 swim @ 30 or r=5<ul style="list-style-type: none">◦ 100 IM order• extra 60 seconds between rounds
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 6, 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">• 200 swim<ul style="list-style-type: none">◦ 200 kick<ul style="list-style-type: none">▪ 200 pull• 200 swim
EN-1	12 x 50 @ 1:05 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 10-beat back/25 back• 50 corkscrew: 4 strokes free, 5 strokes back• 25 10-beat free/25 free
EN-1 TO EN-3	<u>2 x thru:</u> Goal = 200 faster than 200 split of 300, 100 faster than 100 split of 200, 50 faster than 50 split of 100 <ul style="list-style-type: none">• 300 swim @ 5:00 or r=30<ul style="list-style-type: none">◦ 200 swim @ 3:15 or r=15<ul style="list-style-type: none">▪ 100 swim @ 1:45 or r=15• 50 swim @ 1:30 or r=45
REC	12 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull

Total = 3000

DAY/DATE: THURSDAY/MAY 7, 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 TO EN-1	<ul style="list-style-type: none">• 200 swim• 200: 25 drill/25 swim• 4 x 50 kick @ r=15<ul style="list-style-type: none">◦ 25 easy/25 fast
EN-1 TO EN-2	<u>3 x thru (choose one stroke per round):</u> <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=15• 4 x 50 (25 drill/25 swim) @ 1:15 or r=15• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">◦ alternate: 50 stroke/50 free
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 8, 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 choice
EN-1	6 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none">• breathe 3/5/3 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 8 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ 100 kick @ 3:00 or r=60<ul style="list-style-type: none">▪ 4 x 25 swim @ 35 or r=10• 100 kick @ 3:00 or r=60<ul style="list-style-type: none">◦ 2 x 25 swim @ 30 or r=5
EN-3	<ul style="list-style-type: none">• 3 x 100 swim @ 2:00 or r=20+<ul style="list-style-type: none">◦ goal = best time + 20 sec's◦ extra 60 seconds before next set• 3 x 100 swim @ 2:15 or r=30+<ul style="list-style-type: none">◦ goal = best time + 15 sec's◦ extra 60 seconds before next set• 3 x 100 swim @ 2:30 or r=45+<ul style="list-style-type: none">◦ goal = best time + 10 sec's
REC	200 choice

Total = 2500