

DAY/DATE: MONDAY/JUNE 15, 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	• 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=20 ◦ 25 easy/25 fast • 2 x 200 swim @ 3:30 or r=30 ◦ negative split • 4 x 100 pull @ 1:40 or r=10 ◦ descend times 1-4 • 1 x 200 kick @ 5:00 or r=30 ◦ negative split • 8 x 50 swim @ 55 or r=10 ◦ descend times 1-4, 5-8 • 16 x 25 swim @ 35 or r=10 ◦ descend times 1-4, etc.
REC	200: 25 scull/25 pull

Total = 3000

DAY/DATE: TUESDAY/JUNE 16, 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	<u>2 x thru:</u> • 125 swim • 125 drill or kick
EN-1	12 x 50 drill @ 1:10 or r=10 • 4 x 50: 25 fly/25 back • 4 x 50: 25 back/25 breast • 4 x 50: 25 breast/25 free
EN-1 TO EN-2	6 x 75 swim @ 1:40 or r=20 <u>2 x thru:</u> • 50 fly/25 back • 50 back/25 breast • 50 breast/25 free
EN-1	450 pull: breathe 3/5 by 50's
EN-1 TO EN-2	6 x 50 swim @ 1:05 or r=15 <u>2 x thru:</u> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 17, 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 25 kick @ 45 or r=10
EN-1	6 x 50 @ 1:00 or r=10 • 25 drill/25 swim
EN-1 TO EN-2	<u>3 x thru:</u> • 2 x 100 pull @ 1:40 or r=10 ◦ moderate effort • 4 x 50 @ 1:00 or r=10 ◦ 25 10-beat free/25 free • 1 x 200 free @ 3:30 or r=30 ◦ descend times 1-3 (i.e., get faster each round)
EN-1/EN-3	8 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/JUNE 18, 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	400 swim
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1	8 x 50 @ 1:05 or r=15 • 25 drill/25 swim
EN-1 TO EN-2	2 x thru: • 300 swim @ 5:15 or r=45 ◦ all free • 200 swim @ 3:45 or r=30 ◦ 50 stroke/50 free/50 stroke/50 free • 100 swim @ 2:00 or r=20 ◦ 50 stroke/50 free • 50 swim @ 1:15 or r=30 ◦ all stroke
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/JUNE 19, 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	500 choice
EN-1	10 x 25 @ 40 or r=10 • 25 drill/25 build
REC TO EN-3	• 2 x 150 swim @ 3:00 or r=60 ◦ 80-85% effort • 1 x 200 swim @ 4:30 or r=60 ◦ ½ speed (recovery pace) • 4 x 75 swim @ 2:00 or r=60 ◦ 85-90% effort • 1 x 200 swim @ 4:30 or r=60 ◦ ½ speed (recovery pace) • 6 x 50 swim @ 1:40 or r=60 ◦ 90% effort • 1 x 200 swim @ 4:30 or r=60 ◦ ½ speed (recovery pace)
EN-2 TO REC	10 x 25 swim @ 40 or r=10 • ascend pace

Total = 2500