

DAY/DATE: MONDAY/MAY 18, 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"><li>• 200 swim</li><li>• 200 kick</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 6 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3, 4-6</li></ul></li><li>• 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ negative split each 300</li></ul></li><li>• 1 x 600 pull @ 9:30 or r=30<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 4 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MAY 19, 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 kick 100 pull
EN-1	12 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	<u>16 x 75 @ 1:45 or r=20</u> <ul style="list-style-type: none"><li>• 75 fly kick<ul style="list-style-type: none"><li>◦ 25 back kick/25 breast kick/25 free<ul style="list-style-type: none"><li>▪ 25 back kick/25 breast/25 free<ul style="list-style-type: none"><li>• 75 swim: 25 back/25 breast/25 free</li></ul></li></ul></li></ul></li><li>• 75 back kick<ul style="list-style-type: none"><li>◦ 25 breast kick/25 free kick/25 fly<ul style="list-style-type: none"><li>▪ 25 breast kick/25 free/25 fly<ul style="list-style-type: none"><li>• 75 swim: 25 breast/25 free/25 fly</li></ul></li></ul></li></ul></li><li>• 75 breast kick<ul style="list-style-type: none"><li>◦ 25 free kick/25 fly kick/25 back<ul style="list-style-type: none"><li>▪ 25 free kick/25 fly/25 back<ul style="list-style-type: none"><li>• 75 swim: 25 free/25 fly/25 back</li></ul></li></ul></li></ul></li><li>• 75 free kick<ul style="list-style-type: none"><li>◦ 25 fly kick/25 back kick/25 breast<ul style="list-style-type: none"><li>▪ 25 fly kick/25 back/25 breast<ul style="list-style-type: none"><li>• 75 swim: 25 fly/25 back/25 breast</li></ul></li></ul></li></ul></li></ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 20, 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>• 300 swim</li><li>• 6 x 50 @ r=10<ul style="list-style-type: none"><li>◦ 25 scull/25 pull</li></ul></li></ul>
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"><li>• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ build each to 800/1000 race pace</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ at 800/1000 race pace (somewhat hard)</li></ul></li><li>• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none"><li>◦ at 400/500 race pace (hard)</li></ul></li><li>• extra 30 seconds rest</li></ul>
EN-1/EN-2	<p>12 x 50 swim @ 1:00 or r=15</p> <ul style="list-style-type: none"><li>• fast in and out of turns!</li><li>• easy between flags</li><li>• fast finish!</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 21, 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"><li>• 500 swim</li><li>• 6 x 50 @ r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li></ul>
EN-1 TO EN-2	<p><u>3 x thru (choose one stroke per round):</u></p> <ul style="list-style-type: none"><li>• 1 x 100 kick @ 2:30 or r=15</li><li>• 2 x 75 @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ 50 drill/25 swim</li><li>◦ 25 drill/50 swim</li></ul></li><li>• 3 x 50 @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li><li>◦ 25 swim/25 drill</li><li>◦ 50 swim</li></ul></li><li>• 4 x 25 swim @ 45 or r=15</li></ul>
EN-1 TO REC	<p>8 x 25 swim @ r=10</p> <ul style="list-style-type: none"><li>• ascend times 1-8</li></ul>

Total = 2500

DAY/DATE: FRIDAY/MAY 22, 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>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	12 x 25 (25 scull/25 glide/25 pull) @ r=5
EN-2 TO EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none"><li>◦ moderate, 70% effort</li></ul></li><li>• 2 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ strong, 80% effort</li></ul></li><li>• 8 x 25 swim @ 45 or r=20<ul style="list-style-type: none"><li>◦ strong, 90% effort</li></ul></li></ul>
EN-1	200 kick
EN-1 TO EN-3	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"><li>• 25 DPS/25 build/25 fast</li></ul>
REC	100 easy

Total = 2500