

DAY/DATE: MONDAY/MAY 25, 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">• 200 swim• 200 kick• 200 pull• 200 swim
EN-1	<u>2 x thru:</u> <ul style="list-style-type: none">• 2 x 50 @ r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 2 x 100 @ r=20<ul style="list-style-type: none">◦ 25 scull/25 pull
EN-1 TO EN-2	3 x 500 @ r=45 <ul style="list-style-type: none">• #1: pull with buoy and band• #2: pull with buoy• #3: swim
REC	100 easy

Total = 3000

DAY/DATE: TUESDAY/MAY 26, 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">• 300 swim• 200 IM kick• 100 IM drill
EN-1	2 x 300 pull @ 4:45 or r=15 <ul style="list-style-type: none">• breathe 3/5/3 by 100's
EN-2	8 x 75 swim @ 1:30 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none">• 25 fly/50 free• 25 free/25 back/25 free• 50 free/25 breast• 25 fly/25 back/25 breast
EN-3/REC	20 x 25 swim with fins @ 45 or r=20 <ul style="list-style-type: none">• 1/2 length underwater dolphin kick <i>fast</i>/swim <i>easy</i> to wall
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 27, 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	<u>3 x thru:</u> <ul style="list-style-type: none">• 200 swim• 100 kick
EN-1	<ul style="list-style-type: none">• 4 x 25 pull @ 30 or r=5<ul style="list-style-type: none">◦ breathe 3/5 by 25's<ul style="list-style-type: none">▪ 4 x 50 pull @ 55 or r=10<ul style="list-style-type: none">• breathe 3/5 by 25's<ul style="list-style-type: none">◦ 4 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">• 4 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none">◦ descend times 1-4<ul style="list-style-type: none">▪ 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• descend times 1-4<ul style="list-style-type: none">◦ 4 x 50 swim @ 60 or r=15<ul style="list-style-type: none">▪ same pace as 4th 100<ul style="list-style-type: none">• 4 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none">◦ all fast
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 28, 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 thru: <ul style="list-style-type: none">• 100 swim• 50 kick
EN-1	400 pull: breathe 3/4/5/3 by 100's
EN-1	4 x 50 stroke drill @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 100 @ 2:00 or r=20<ul style="list-style-type: none">◦ 25 "stroke"/75 free<ul style="list-style-type: none">▪ 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none">• 50 "stroke"/50 free<ul style="list-style-type: none">◦ 3 x 100 @ 2:20 or r=20<ul style="list-style-type: none">▪ 75 "stroke"/25 free<ul style="list-style-type: none">• 3 x 100 @ 2:30 or r=20<ul style="list-style-type: none">◦ 100 "stroke"
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 29, 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">• 400 swim• 200 kick• 2 x 75 @ r=15<ul style="list-style-type: none">◦ 25 kick/25 drill/25 swim• 2 x 50 @ r=10<ul style="list-style-type: none">◦ 25 scull/25 pull
EN-3	1 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none">• fast!
REC	300 <i>easy</i> swim
SP-1	2 x 75 swim @ 1:30 or r=30 <ul style="list-style-type: none">• fast!
REC	300 <i>easy</i> swim
SP-1	2 x 50 swim @ 60 or r=20 <ul style="list-style-type: none">• fast!
REC	300 <i>easy</i> swim
SP-1	2 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• fast!
REC	300 <i>easy</i> swim

Total = 2500