

DAY/DATE: MONDAY/OCTOBER 5, 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	500 choice
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 500 swim or pull @ 8:20 or r=50<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 250 swim or pull @ 4:10 or r=25<ul style="list-style-type: none"><li>◦ at faster pace than 500</li></ul></li><li>• 1 x 400 swim or pull @ 6:40 or r=40<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 200 swim or pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ at faster pace than 400</li></ul></li><li>• 1 x 300 swim or pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 150 swim or pull @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ at faster pace than 300</li></ul></li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 6, 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"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ 1 each stroke</li></ul></li><li>• 3 x 100 (25 drill/25 swim) @ 2:10 or r=20<ul style="list-style-type: none"><li>◦ #1: 50 fly/50 back</li><li>◦ #2: 50 back/50 breast</li><li>◦ #3: 50 breast/50 free</li></ul></li><li>• 2 x 150 swim @ 3:10 or r=30<ul style="list-style-type: none"><li>◦ #1: 50 fly/50 back/50 breast</li><li>◦ #2: 50 back/50 breast/50 free</li></ul></li><li>• 1 x 200 IM @ 4:10 or r=40</li><li>• 2 x 150 swim @ 3:10 or r=30<ul style="list-style-type: none"><li>◦ #1: 50 fly/50 back/50 breast</li><li>◦ #2: 50 back/50 breast/50 free</li></ul></li><li>• 3 x 100 (25 drill/25 swim) @ 2:10 or r=20<ul style="list-style-type: none"><li>◦ #1: 50 fly/50 back</li><li>◦ #2: 50 back/50 breast</li><li>◦ #3: 50 breast/50 free</li></ul></li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ 1 each stroke</li></ul></li></ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 7, 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	4 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	<u>2 x thru (1<sup>st</sup> round = pull, 2<sup>nd</sup> round = swim):</u> <ul style="list-style-type: none"><li>• 1 x 300 @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 150 @ 2:40 or r=20<ul style="list-style-type: none"><li>◦ at faster pace than 300</li></ul></li><li>• 3 x 100 @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ at faster pace than 150's</li></ul></li><li>• 4 x 75 @ 1:20 or r=10<ul style="list-style-type: none"><li>◦ at faster pace than 100's</li></ul></li><li>• extra 60 seconds rest between rounds!</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 8, 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 choice
EN-1	4 x 50 swim @ 1:05 or r=15 • 25 DPS/25 build
EN-1 TO EN-2	<u>Choose 1 or 2 strokes for this set:</u> <ul style="list-style-type: none"><li>• 8 x 25 kick @ 50 or r=10<ul style="list-style-type: none"><li>◦ 4 x 50 drill @ 1:10 or r=15<ul style="list-style-type: none"><li>▪ 2 x 100 swim @ 2:10 or r=20</li></ul></li></ul></li><li>• 1 x 200 kick @ 4:30 or r=30<ul style="list-style-type: none"><li>◦ 8 x 25 drill @ 50 or r=10<ul style="list-style-type: none"><li>▪ 1 x 200 swim @ 4:10 or r=30</li></ul></li></ul></li><li>• 2 x 100 kick @ 2:30 or r=20<ul style="list-style-type: none"><li>◦ 4 x 50 drill @ 1:10 or r=15<ul style="list-style-type: none"><li>▪ 8 x 25 swim @ 50 or r=10</li></ul></li></ul></li></ul>
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 9, 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 TO SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"><li>• 8 x 25 swim @ r=10<ul style="list-style-type: none"><li>◦ build</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ (1 fast/1 easy) x 2</li></ul></li><li>• 1 x 100 swim @ 3:00 or r=90<ul style="list-style-type: none"><li>◦ all fast</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ build</li></ul></li><li>• 8 x 25 swim @ r=10<ul style="list-style-type: none"><li>◦ (1 fast/1 easy) x 4</li></ul></li><li>• 100 swim @ 3:00 or r=60<ul style="list-style-type: none"><li>◦ all fast</li></ul></li></ul>
REC	100 choice

Total = 2500