

DAY/DATE: MONDAY/SEPTEMBER 28, 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 swim • 300 IM kick • 200 IM drill
EN-1 TO EN-2	• 1 x 400 pull @ 6:45 or r=45 ◦ breathe 3/5/3/5 by 100's ◦ 4 x 100 swim @ 1:45 or r=15 ▪ descend times 1-4 ▪ 1 x 300 pull @ 5:00 or r=30 • breathe 3/5/3 by 100's • 4 x 75 swim @ 1:30 or r=15 ◦ descend times 1-4 ◦ 1 x 200 pull @ 3:15 or r=15 ▪ breathe 3/5/3/5 by 50's ▪ 4 x 50 swim @ 1:00 or r=15 • descend times 1-4 • 1 x 100 pull @ 1:45 or r=15 ◦ breathe 3/5 by 50's ◦ 4 x 25 swim @ 30 or r=10 ▪ descend times 1-4
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 29, 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	400 choice
EN-1 TO EN-2	<u>2 x thru:</u> • 4 x 25 fly kick @ 45 or r=10 ◦ 1st 12.5 meters/yards underwater • 2 x 50 kick @ 1:20 or r=20 ◦ choice
EN-1 TO EN-2	<u>2 x thru:</u> • 4 x 50 pull @ 1:00 or r=15 ◦ breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=15 ◦ IM order • 4 x 75 swim @ 1:40 or r=30 ◦ <i>Each 75: 50 long and strong/25 fast!</i> ▪ #1: 50 fly/25 back ▪ #2: 50 back/25 breast ▪ #3: 50 breast/25 free ▪ #4: 50 free/25 fly • extra 30 seconds between rounds
REC	300 swim

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 30, 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	• 200 swim • 200 kick • 200 pull • 8 x 25 (25 scull/25 pull) @ r=5
EN-1	8 x 50 @ 1:00 or r=10 • 25 drill/25 DPS
EN-1 TO EN-2	8 x 75 swim @ 1:30 or r=20 • descend times 1-4, 5-8
EN-1 TO EN-2	4 x 150 pull @ 2:45 or r=30 • negative split
EN-1/EN-2	8 x 50 swim @ 55 or r=10 • 25 DPS/25 build to full speed
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 1, 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	• 200 swim • 200 kick
EN-1	6 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-1	400 freestyle: no breathing flags to wall
EN-1 TO EN-2	12 x 50 @ 1:10 or r=10-15 <u>4 x thru:</u> • 25 scull with flutter kick/25 "stroke" • 50 "stroke" • 50 free
EN-1/EN-2	400 kick: every 3 rd length fast!
EN-1 TO EN-2	12 x 25 @ 40 or r=10 <u>4 x thru:</u> • 2 x 25 "stroke" • 1 x 25 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 2, 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	• 200 swim • 100 kick • 200 pull
EN-1 TO EN-2	• 2 x 50 kick @ 1:30 or r=20 ◦ 2 x 50 kick @ 1:20 or r=15 ▪ 2 x 50 kick @ 1:15 or r=10 • 2 x 50 kick @ 1:05 or r=5
EN-1	8 x 25 (25 scull with flutter kick/25 swim) @ r=5
EN-1 TO EN-3	<u>2 x thru:</u> • 1 x 150 swim @ 3:00 or r=30 ◦ moderate effort • 2 x 75 swim @ 1:45 or r=30 ◦ 25 DPS/25 build/25 fast • 3 x 50 swim @ 1:00 or r=15 ◦ 25 DPS/25 fast • 6 x 25 swim @ 45 or r=15 ◦ 25 build/25 fast • extra 60 seconds between rounds
REC	200: 25 scull/25 pull

Total = 2500