

DAY/DATE: MONDAY/NOVEMBER 16, 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 |

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| REC | <ul style="list-style-type: none">• 200 swim• 200 kick |
| EN-1 | 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's |
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">◦ 1 x 300 swim or pull @ 5:00 or r=30<ul style="list-style-type: none">▪ 1 x 400 swim @ 6:30 or r=30<ul style="list-style-type: none">• 1 x 500 swim or pull @ 8:00 or r=30▪ 1 x 400 swim @ 6:30 or r=30◦ 1 x 300 swim or pull @ 5:00 or r=30• 1 x 200 swim @ 3:30 or r=30 |
| REC | 100 choice |

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 17, 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 |

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| REC | <ul style="list-style-type: none"> • 400 swim • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 each stroke, IM order |
| EN-1 TO EN-2 | <ul style="list-style-type: none"> • 8 x 25 breast @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 breast/25 free/25 breast/25 free • 8 x 25 back @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 back/25 free/25 back/25 free • 8 x 25 fly @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 fly/25 free/25 fly/25 free |
| REC | 100 choice |

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 18, 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 |

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|--------------|--|
| REC | 200 swim/200 kick/200 pull |
| EN-1 | 8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull |
| EN-1 TO EN-3 | 2 x thru: <ul style="list-style-type: none">• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ moderate pace, breathe every 3rd stroke• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ fast pace• 4 x 50 pull @ 55 or r=10<ul style="list-style-type: none">◦ moderate pace, breathe every 3rd stroke• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ fast pace• extra 60 seconds between rounds |
| EN-1 TO EN-3 | <ul style="list-style-type: none">• 2 x 50 swim @ 60 or r=15• 2 x 50 swim @ 55 or r=10• 2 x 50 swim @ 50 or r=5• 2 x 50 swim @ 45 or r=2 |
| REC | 200 choice |

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 19, 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 |

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|--------------|---|
| REC | <ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull |
| EN-1 TO EN-2 | <ul style="list-style-type: none"> • 12 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ 25 build/25 fast • 12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ descend stroke counts: 1-4, 5-8, 9-12 |
| EN-1 TO EN-3 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 25's • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ "stroke" ◦ negative split • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ "stroke" ◦ descend times 1-4 |
| REC | <p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull with kick/25 swim |

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 20, 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">• 200 swim• 2 x 50 swim @ r=10• 200 kick• 2 x 50 kick @ r=10 |
| EN-1 | 4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none">• 25 drill/25 build/25 DPS |
| EN-1 TO SP-1 | <ul style="list-style-type: none">• 12 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ every 3rd 50 fast!• 100 easy• 8 x 50 swim @ 1:15 or r=30<ul style="list-style-type: none">◦ every 2nd 50 fast!• 100 easy• 4 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none">◦ all 50's fast! |
| REC | 200 choice |

Total = 2500