

DAY/DATE: MONDAY/DECEMBER 21, 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	• 200 swim • 200 kick • 200 pull
EN-1	12 x 50 pull @ 55 or r=10 • 1-4: breathe every 3rd stroke • 5-8: breathe every 5th stroke • 9-12: breathe every 7th stroke
EN-1 TO EN-3	<u>Davis Mile: Broken 1650</u> <i>Subtract 2½ minutes to get 1650 time</i> • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 ◦ 8 lengths (200) @ r=15 ◦ 7 lengths (175) @ r=15 ◦ 6 lengths (150) @ r=15 ◦ 5 lengths (125) @ r=15 ▪ 4 lengths (100) @ r=10 ▪ 3 lengths (75) @ r=10 ▪ 2 lengths (50) @ r=10 • 1 length (25)
REC	150 choice

Total = 3000

DAY/DATE: TUESDAY/DECEMBER 22, 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 TO EN-1	• 300 swim • 200 IM kick • 100 IM drill • 8 x 25 swim @ r=10 ◦ build
EN-1 TO EN-2	• 1 x 300 IM @ 5:30 or r=45 • 4 x 50 swim @ 1:10 or r=20 ◦ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 ◦ 25 back/25 breast • 1 x 100 IM @ 2:15 or r=30 • 4 x 50 swim @ 1:10 or r=15 ◦ 25 breast/25 free
EN-1	12 x 25 swim or drill @ 40 or r=10 • 100 IM order
EN-1	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/DECEMBER 23, 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
EN-1	12 x 50 @ 1:00 or r=10 <u>4 x thru:</u> • 25 10-beat free/25 free • 50 corkscrew (4 strokes free, 5 strokes back) • 25 10-beat back/25 back
EN-1 TO EN-2	<u>2 x thru:</u> <i>200 is faster than 200 split in 300, 100 is faster than 100 split in 200, 50 is faster than 50 split in 100 (i.e., pace gets faster as repeat gets shorter)</i> • 1 x 300 swim @ 5:00 or r=30 • 1 x 200 swim @ 3:20 or r=20 • 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:15 or r=30
EN-1/EN-3	12 x 25 @ 30 or r=10 <u>Alternate:</u> • 12.5 easy/12.5 fast • 12.5 fast/12.5 easy
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/DECEMBER 24, 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	6 x (50 swim, 25 drill, 25 kick)
EN-1	12 x 25 "stroke" @ 45 or r=15 <u>Alternate:</u> • ½ length scull/½ length swim • ½ length swim/½ length scull
EN-1	12 x 50 (25 drill/25 swim) @ 1:10 or r=15 <u>4 x thru:</u> • 2 x 50 "stroke" • 1 x 50 free
EN-1 TO EN-2	24 x 25 swim @ 40 or r=10-15 <u>8 x thru:</u> • 2 x 25 "stroke" • 1 x 25 free
EN-1 TO REC	400 pull: breathe every 3 rd stroke

Total = 2500

DAY/DATE: FRIDAY/DECEMBER 25, 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 TO EN-1	• 400 swim • 4 x 50 @ r=10 ◦ 25 DPS/25 build
EN-1 TO EN-3	<u>2 x thru:</u> • 1 x 200 swim @ 3:30 or r=30 ◦ negative split • 2 x 100 pull @ 1:45 or r=15 ◦ moderate effort, breathe 3/5 by 25's • 4 x 50 swim @ 1:00 or r=15 ◦ negative split each 50 • 4 x 25 swim @ 45 or r=20 ◦ moderate – hard effort • 4 x 25 kick @ 45 or r=15 ◦ hard effort • 1 x 100 swim @ 3:00 ◦ easy effort
REC	100 swim

Total = 2500