

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

Total = 3100

DAY/DATE: TUESDAY/DECEMBER 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	<ul style="list-style-type: none">• 200 swim• 100 kick• 100 pull
EN-1	16 x 25 swim @ 40 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none">• 4 breaths• 3 breaths• 2 breaths• 1 breath
EN-1 TO EN-2	<u>4 x thru (1 round each stroke):</u> <ul style="list-style-type: none">• 1 x 25 swim @ 45 or r=15<ul style="list-style-type: none">◦ 1 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">▪ 1 x 75 @ 1:45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim/25 drill• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ 50 stroke/50 free▪ 1 x 75 @ 1:45 or r=15<ul style="list-style-type: none">• 25 swim/25 drill/25 swim◦ 1 x 50 kick @ 1:30 or r=15• 1 x 25 swim @ 45 or r=15
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/DECEMBER 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	<ul style="list-style-type: none">• 200 free• 200 swim (mix of strokes)• 200 IM kick
EN-1 TO EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• descend 1-3, 4-6
EN-1/EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: last 100 fast• #2: middle 100 fast• #3: 1st 100 fast
EN-1	9 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5/7 by 50's
EN-1/EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: even 50's fast• #2: odd 50's fast• #3: entire 200 fast!
REC	12 x 25 (25 scull/25 glide/25 pull) @ r=5
REC	150 choice

Total = 3000

DAY/DATE: THURSDAY/DECEMBER 31, 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 (25 swim/25 drill/25 kick)
EN-1	<ul style="list-style-type: none">• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 kick/25 swim• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 drill/25 swim• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 scull with free kick/25 swim
EN-1 TO EN-2	<u>3 x thru:</u> <ul style="list-style-type: none">• 1 x 50 drill @ 1:15 or r=20<ul style="list-style-type: none">◦ "stroke"• 1 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none">◦ 25 "stroke"/25 free• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 1 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none">◦ 50 "stroke"/50 free• 1 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">◦ "stroke"
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/JANUARY 1, 2021

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• 200: 25 kick/25 swim• 4 x 50 @ r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 8 x 25 swim @ r=10<ul style="list-style-type: none">◦ 25 DPS/25 build
EN-1	300 pull, breathe 3/5/3 by 100's
EN-1 TO EN-3	<u>2 x thru:</u> <ul style="list-style-type: none">• 1 x 150 free @ 3:00 or r=30<ul style="list-style-type: none">◦ medium effort• 2 x 75 stroke @ 1:45 or r=30<ul style="list-style-type: none">◦ hard effort• 3 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">◦ medium effort• 6 x 25 stroke @ 45 or r=20<ul style="list-style-type: none">◦ hard effort• extra 30 seconds rest
REC	200: 25 scull w/ flutter kick/25 swim

Total = 2500