

DAY/DATE: MONDAY/FEBRUARY 15, 2021

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	• 300 swim • 100 kick • 200 (25 drill/25 swim) • 100 kick
EN-1	12 x 25 @ r=10 • 25 scull/25 pull
EN-1 TO EN-2	<u>2 x thru:</u> • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's • 3 x 100 swim @ 1:40 or r=10 ◦ descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 ◦ 25 DPS/25 build
REC	200 swim

Total = 3000

DAY/DATE: TUESDAY/FEBRUARY 16, 2021

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	• 200 swim • 200 (25 kick/25 swim) • 200 (25 drill/25 swim)
EN-1 TO EN-2	6 x 50 kick @ 1:30 or r=15 • 2 fly, 2 back, 2 breast
EN-1	600 pull: every 4 th length breast
EN-1 TO EN-2	12 x 50 swim @ 1:05 or r=15 <u>Alternate:</u> • 25 fly/25 back • 25 breast/25 free
EN-1 TO EN-2	12 x 25 @ 40 or r=10 <u>4 x thru:</u> • 25 fly drill/25 fly swim • 25 back drill/25 back swim • 25 breast drill/25 breast swim
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/FEBRUARY 17, 2021

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 • 100 kick
EN-1	12 x 25 @ r=5 • 25 scull/25 glide/25 pull
EN-1 TO EN-3	<u>3 x thru:</u> • 2 x 125 swim @ 2:20 or r=30 ◦ moderate effort • 2 x 100 swim @ 1:50 or r=20 ◦ moderate-hard effort • 2 x 75 swim @ 1:30 or r=20 ◦ hard effort • 2 x 50 swim @ 1:00 or r=15 ◦ hard effort • 2 x 25 swim @ 40 or r=10 ◦ very hard effort
REC	150 choice

Total = 3000

DAY/DATE: THURSDAY/FEBRUARY 18, 2021

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 swim • 200 (25 drill/25 swim)
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-1 TO EN-2	<u>4 x thru (2 rounds "stroke," 2 rounds free):</u> • 1 x 25 swim @ 40 or r=10 ◦ 1 x 50 swim @ 1:05 or r=15 ▪ 1 x 75 swim @ 1:30 or r=20 • 1 x 100 swim @ 2:10 or r=30
EN-1/EN-3	6 x 50 free @ 1:00 or r=15 • 25 DPS/25 fast
REC	200 swim

Total = 2500

DAY/DATE: FRIDAY/FEBRUARY 19, 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	600 swim
EN-1	8 x 25 @ r=10 • 25 drill/25 swim
EN-1	8 x 25 @ r=15 • 25 DPS/25 build
EN-3/EN-1	4 x thru: • 1 x 25 fast @ 30 or r=10 • 1 x 50 easy @ 1:15 or r=30 • 1 x 50 fast @ 1:00 or r=15 • 1 x 25 easy @ 30 or r=10
EN-1	300 pull: breathe every 3 rd stroke
EN-1/SP-1	12 x 25 swim @ 45 or r=20 • 25 easy/25 fast
REC	300 choice

Total = 2500