

DAY/DATE: MONDAY/FEBRUARY 8, 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	500 choice
EN-1	<u>2 x thru:</u> • 2 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 25's • 4 x 50 @ 1:00 or r=15 ◦ 25 drill/25 swim
EN-2 TO EN-3	<u>Timed 1500 swim (subtract 1 minute to get time):</u> • 500 @ r=15 ▪ 400 @ r=15 ◦ 300 @ r=15 • 200 @ r=15 ▪ 100
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/FEBRUARY 9, 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	2 x (125 swim, 125 kick)
EN-1	12 x 50 drill @ 1:10 or r=10 • 4 x 50 25 fly/25 back • 4 x 50 25 back/25 breast • 4 x 50 25 breast/25 free
EN-2	6 x 75 swim @ 1:40 or r=20 <u>2 x thru:</u> • 50 fly/25 back • 50 back/25 breast • 50 breast/25 free
EN-1	450 pull: breathe 3/5 by 50's
EN-2	6 x 50 swim @ 1:05 or r=15 <u>2 x thru:</u> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/FEBRUARY 10, 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 • 200 (25 drill/25 swim) • 100 kick
EN-1	12 x 25 swim @ r=10 • descend stroke count 1-4, 5-8, 9-12
EN-1 TO EN-2	• 2 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5/3/5 by 50's • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4 • 8 x 50 swim @ 1:00 or r=15 ◦ descend times 1-4, 5-8 • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4 • 2 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5/3/5 by 50's
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/FEBRUARY 11, 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
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1	8 x 50 @ r=15 • 25 "stroke" drill/25 "stroke" • 25 free drill/25 free
EN-1 TO EN-2	<u>2 x thru:</u> • 1 x 300 swim @ 5:00 or r=30 ◦ all free • 1 x 200 swim @ 3:30 or r=20 ◦ 50 "stroke"/50 free/50 "stroke"/50 free • 1 x 100 swim @ 2:00 or r=20 ◦ 50 free/50 "stroke" • 1 x 50 swim @ 1:15 or r=30 ◦ all "stroke"
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/FEBRUARY 12, 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	500 choice
EN-1	10 x 25 @ 40 or r=10 • 25 drill/25 build
REC TO SP-1	• 2 x 150 swim @ 3:00 or r=60 ◦ 85% effort • 1 x 200 swim @ 4:30 or r=60 ◦ ½ speed (recovery pace) • 4 x 75 swim @ 1:45 or r=45 ◦ 90% effort • 1 x 200 swim @ 4:30 or r=60 ◦ ½ speed (recovery pace) • 6 x 50 swim @ 1:30 or r=45 ◦ 95% effort • 1 x 200 swim @ 4:30 or r=60 ◦ ½ speed (recovery pace)
EN-1 TO REC	10 x 25 swim @ 40 or r=10 • ascend pace 1-10

Total = 2500