

DAY/DATE: MONDAY/MARCH 1, 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 TO EN-2 | <p>4 x 100 pull @ 1:40 or r=10</p> <ul style="list-style-type: none">• breathe 3/5 by 50's <p>1 x 400 swim @ 6:40 or r=40</p> <ul style="list-style-type: none">• negative split <p>2 x 200 pull @ 3:20 or r=20</p> <ul style="list-style-type: none">• breathe 3/5/3/5 by 50's <p>2 x 200 swim @ 3:20 or r=20</p> <ul style="list-style-type: none">• negative split each 200 <p>1 x 400 pull @ 6:40 or r=40</p> <ul style="list-style-type: none">• breathe 3/5/3/5 by 100's <p>4 x 100 swim @ 1:40 or r=10</p> <ul style="list-style-type: none">• negative split each 100 |
| REC | 100 choice |

Total = 3000

DAY/DATE: TUESDAY/MARCH 2, 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 |

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|-----------------|---|
| REC | 400 swim |
| EN-1 | 8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's |
| EN-1 TO EN-2 | 16 x 75 swim @ 1:45 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free• 50 free/25 fly• 25 fly/50 back• 25 back/50 breast• 25 breast/50 free• 25 free/50 fly |
| EN-1 TO EN-3 | 12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order (3 rounds)• 1st round @ EN-1• 2nd round @ EN-2• 3rd round @ EN-3 |
| REC | 200 choice |

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 3, 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 | 400 choice |
| EN-1 | 5 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim |
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 1 x 400 swim @ 6:40 or r=40<ul style="list-style-type: none">◦ 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">▪ 3 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ 5 x 50 swim @ 50 or r=5 |
| REC | 100 choice |

Total = 3000

DAY/DATE: THURSDAY/MARCH 4, 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 choice |
| EN-1 TO EN-2 | <p>1 x 500 pull @ 8:00 or r=30</p> <ul style="list-style-type: none">• breathe 3/5/3/5/3 by 100's <p>20 x 25 kick @ 45 or r=10</p> <p><u>5 x thru:</u></p> <ul style="list-style-type: none">• 2 x 25 "stroke"• 2 x 25 choice <p>2 x 250 swim @ 5:00 or r=20</p> <ul style="list-style-type: none">• 50 free/50 stroke/50 free/50 stroke/50 free <p>10 x 50 swim @ 1:00 or r=10</p> <p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 3 x 50 "stroke"• 2 x 50 choice |
| REC | 100 choice |

Total = 2500

DAY/DATE: FRIDAY/MARCH 5, 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 | 6 x (25 swim/25 drill/50 kick) |
| EN-1 | 8 x 25 (25 scull/25 pull) @ r=5 |
| EN-1 TO EN-2 | 12 x 25 @ 40 or r=10 • 25 drill/25 build |
| EN-3/REC | 10 x 50 swim @ 1:10 or r=20-30 • odd 50's: best 200 pace + 1 second • even 50's: easy |
| REC | 8 x 25 scull with flutter kick @ r=5 |
| SP-1/REC | 10 x 25 swim @ 45 or r=20-25 • odd 25's: best 100 pace + 1 second • even 25's: easy |
| REC | 2 x (25 scull/25 glide/25 pull) |
| EN-2 TO REC | 300 swim: ascend pace by 100's |

Total = 2500