

DAY/DATE: MONDAY/MAY 17, 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	200 choice
EN-1 TO EN-2	• 1 x 500 free @ 8:20 or r=50 ◦ moderate pace • 2 x 250 free @ 4:10 or r=25 ◦ faster pace than 500 • 4 x 25 @ 40 or r=15 ◦ faster pace than 250's • 1 x 400 free @ 6:40 or r=40 ◦ moderate pace • 2 x 200 free @ 3:20 or r=20 ◦ faster pace than 400 • 4 x 25 @ 40 or r=15 ◦ faster pace than 200's • 1 x 300 free @ 5:00 or r=30 ◦ moderate pace • 2 x 150 free @ 2:30 or r=15 ◦ faster pace than 300 • 4 x 25 @ 40 or r=15 ◦ faster pace than 150's
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/MAY 18, 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	• 300 swim • 6 x 50 (25 kick/25 swim) @ r=10
EN-2	• 1 x 200 IM @ 4:00 or r=30 • 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 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 ◦ 25 breast/25 free
EN-1 TO EN-2	24 x 25 swim @ 40 or r=10-15 <u>4 x thru:</u> ◦ 25 free/25 fly ◦ 25 free/25 back ◦ 25 free/25 breast
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 19, 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 TO EN-2	<u>Swim as one set:</u> • 1 x 400 pull @ 7:00 or r=60 ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 ◦ descend times 1-4 • 2 x 200 swim @ 3:30 or r=30 ◦ push 3rd 50 in each 200 • 2 x 100 kick @ 3:00 or r=20 ◦ push 3rd 25 of each 100 • 4 x 100 pull @ 1:45 or r=15 ◦ descend times 1-4 • 1 x 200 kick @ 5:00 or r=30 ◦ push 3rd 50 • 8 x 50 swim @ 55 or r=10 ◦ negative split
EN-3	8 x 25 from center of pool @ 50 • fast turns!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 20, 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 @ 1:05 or r=15 • 25 drill/25 swim • IM order
EN-1 TO EN-2	• 4 x 100 swim @ 2:00 or r=15 ◦ 75 free/25 "stroke" • 30 seconds extra rest • 4 x 100 swim @ 2:15 or r=20 ◦ 50 free/50 "stroke" • 30 seconds extra rest • 4 x 100 swim @ 2:30 or r=30 ◦ 25 free/75 "stroke"
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 2500

DAY/DATE: FRIDAY/MAY 21, 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	200 swim/200 kick/200 pull
EN-1	12 x 25 @ 40 or r=10 • 25 ½ easy/½ fast • 25 ½ fast/½ easy • 25 easy • 25 fast
EN-1 TO EN-3	<u>Effort increases with each set:</u> • 2 x 150 swim @ 3:00 or r=45 ◦ moderate ◦ 70% effort • 4 x 75 swim @ 1:45 or r=30 ◦ strong ◦ 80% effort • 12 x 25 swim @ 45 or r=20 ◦ strong ◦ 90% effort
EN-1/EN-3	4 x 50 kick @ 1:30 or r=15 • negative split
EN-1 TO EN-3	12 x 25 @ 45 or r=15 • 25 DPS/25 build/25 fast breakout
REC	200 easy

Total = 2500