

DAY/DATE: MONDAY/SEPT. 13, 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	<ul style="list-style-type: none">• 1 x 500 free @ 8:20 or r=50<ul style="list-style-type: none">◦ moderate pace• 2 x 250 free @ 4:10 or r=25<ul style="list-style-type: none">◦ faster pace than 500• 4 x 25 @ 45 or r=20<ul style="list-style-type: none">◦ faster pace than 250's• 1 x 400 free @ 6:40 or r=40<ul style="list-style-type: none">◦ moderate pace• 2 x 200 free @ 3:20 or r=20<ul style="list-style-type: none">◦ faster pace than 400• 4 x 25 @ 45 or r=20<ul style="list-style-type: none">◦ faster pace than 200's• 1 x 300 free @ 5:00 or r=30<ul style="list-style-type: none">◦ moderate pace• 2 x 150 free @ 2:30 or r=15<ul style="list-style-type: none">◦ faster pace than 300• 4 x 25 @ 45 or r=20<ul style="list-style-type: none">◦ faster pace than 150's
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPT. 14, 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	<ul style="list-style-type: none">• 300 swim• 6 x 50 (25 kick/25 swim) @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 200 IM @ 4:00 or r=30• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">◦ 25 fly/25 back• 1 x 200 IM @ 4:00 or r=30• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">◦ 25 back/25 breast• 1 x 200 IM @ 4:00 or r=30• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">◦ 25 breast/25 free
EN-1 TO EN-2	24 x 25 swim @ 40 or r=10-15 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 free/25 fly• 25 free/25 back• 25 free/25 breast
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 15, 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 continuous set:</u> <ul style="list-style-type: none">• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 2 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">◦ 3rd 50 of each 200 is fast!• 2 x 100 kick @ 3:00 or r=20<ul style="list-style-type: none">◦ 3rd 25 of each 100 is fast!• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 1 x 200 kick @ 5:00 or r=30<ul style="list-style-type: none">◦ 3rd 50 is fast!• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none">◦ negative split
SP-1	8 x 25 from center of pool @ 50 <ul style="list-style-type: none">• fast turns!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPT. 16, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim• IM order
EN-1 TO EN-2	<ul style="list-style-type: none">• 4 x 100 swim @ 2:00 or r=15<ul style="list-style-type: none">◦ 75 free/25 stroke• 30 seconds extra rest• 4 x 100 swim @ 2:15 or r=20<ul style="list-style-type: none">◦ 50 free/50 stroke• 30 seconds extra rest• 4 x 100 swim @ 2:30 or r=30<ul style="list-style-type: none">◦ 25 free/75 stroke
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 2500

DAY/DATE: FRIDAY/SEPT. 17, 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/EN-3	12 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 ½ easy/½ fast• 25 ½ fast/½ easy• 25 easy• 25 fast
EN-2 TO EN-3	Effort increases with each set: <ul style="list-style-type: none">• 2 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none">◦ moderate◦ 70% effort• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">◦ strong◦ 80% effort• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ strong◦ 90% effort
EN-1 TO EN-2	4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• negative split
EN-1 TO EN-3	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 DPS/25 build/25 w/ fast breakout
REC	200 easy

Total = 2500