

DAY/DATE: MONDAY/NOVEMBER 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 choice
EN - 1	4 x 50 @ r=10 • 25 drill/25 swim
EN - 1 TO EN - 2	<ul style="list-style-type: none"><li>• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 2 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ descend times 1-2</li></ul></li><li>• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 2 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ descend times 1-2</li></ul></li><li>• 1 x 400 swim<ul style="list-style-type: none"><li>◦ negative split</li></ul></li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 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	600 choice
EN - 1	<u>2 x thru (IM order):</u> <ul style="list-style-type: none"><li>• 4 x 25 kick @ 45 or r=10</li><li>• 4 x 50 swim @ 1:00 or r=15</li></ul>
EN - 2	12 x 50 @ 1:10 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 fly/25 back</li><li>• 25 back/25 breast</li><li>• 25 breast/25 free</li></ul>
EN - 1 TO EN - 2	24 x 25 swim @ 45 or r=15 <u>Alternate:</u> <ul style="list-style-type: none"><li>• 4 x 25 IM order</li><li>• 4 x 25 DPS (maximum distance per stroke)</li></ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOV. 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 TO EN-1	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 4 x 50 (25 drill/25 swim) @ r=10</li><li>• 4 x 25 (25 scull/25 pull) @ r=5</li><li>• 4 x 25 build @ r=10</li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none"><li>◦ moderate pace, breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ moderate pace, breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ faster than 4<sup>th</sup> 100 of 4 x 100</li></ul></li><li>• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ moderate pace, breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ faster than 3 x 100 pace</li></ul></li><li>• 1 x 100 pull @ 2:00 or r=30<ul style="list-style-type: none"><li>◦ moderate pace, breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 1 x 100 swim<ul style="list-style-type: none"><li>◦ fastest 100</li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOV. 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li><li>• 8 x 25 drill @ r=10<ul style="list-style-type: none"><li>◦ 2 of each stroke, IM order</li></ul></li></ul>
EN-1 TO EN-2	8 x 75 @ 2:00 or r=15-30 <u>Choose 1 or 2 strokes:</u> <ul style="list-style-type: none"><li>• 75 kick<ul style="list-style-type: none"><li>▪ 50 kick/25 swim<ul style="list-style-type: none"><li>◦ 25 kick/50 swim</li></ul></li><li>• 75 swim</li><li>• 75 swim<ul style="list-style-type: none"><li>◦ 50 swim/25 kick</li></ul></li><li>▪ 25 swim/50 kick</li></ul></li><li>• 75 kick</li></ul>
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"><li>• 25 back/25 breast</li></ul>
EN-1 TO EN-2	20 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"><li>• 100 IM order</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 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	200 swim, 200 kick, 200 pull
EN-1	4 x 75 @ r=15 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	12 x 50 swim: 2 x 50 @ 1:00, 1 x 50 @ 1:30 <u>Stroke count set, each set is 3 x 50:</u> <ul style="list-style-type: none"><li>• #1: relaxed pace, count # of strokes</li><li>• #2: 200 race pace, maintain same # of strokes</li><li>• #3: max. speed, maintain same # of strokes</li></ul> 1 x 400 pull: breathe 3/5/3/5 by 100's 12 x 25 swim @ 45 or r=15 <u>Stroke count set, each set is 3 x 25:</u> <ul style="list-style-type: none"><li>• #1: relaxed pace, count # of strokes</li><li>• #2: 200 race pace, maintain same # of strokes</li><li>• #3: max. speed, maintain same # of strokes</li></ul>
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 2500