

DAY/DATE: MONDAY/NOVEMBER 22, 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            |

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| REC             | <ul style="list-style-type: none"><li>• 200 swim</li><li>• 4 x 50 pull @ r=5</li><li>• 8 x 25 kick @ r=5</li></ul>                                                                                                                                                                                                                           |
| EN-1            | 4 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"><li>• breathe 3/5/3 by 25's</li></ul>                                                                                                                                                                                                                                           |
| EN-1 TO<br>EN-2 | <u>Descend times 1-2 for each distance:</u> <ul style="list-style-type: none"><li>• 2 x 400 @ 6:40 or r=40<ul style="list-style-type: none"><li>◦ 2 x 300 @ 5:00 or r=30<ul style="list-style-type: none"><li>▪ 2 x 200 @ 3:20 or r=20<ul style="list-style-type: none"><li>• 2 x 100 @ 1:40 or r=10</li></ul></li></ul></li></ul></li></ul> |
| REC             | 100 swim                                                                                                                                                                                                                                                                                                                                     |

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 23, 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 TO<br>EN-2 | <p><u>4 x thru (1 round each stroke, reverse IM order):</u></p> <ul style="list-style-type: none"><li>• 2 x 25 kick @ 45 or r=15</li><li>• 2 x 50 @ 1:15 or r=15<ul style="list-style-type: none"><li>○ 25 drill/25 swim</li></ul></li><li>• 1 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>○ rnd 1: 25 fly/25 free/25 fly/25 free</li><li>○ rnd 2: 25 back/25 free/25 back/25 free</li><li>○ rnd 3: 25 brst/25 free/25 brst/25 free</li><li>○ rnd 4: 100 IM</li></ul></li><li>• 1 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>○ breathe 3/5 by 25's</li></ul></li><li>• extra 60 seconds rest between rounds</li></ul> |
| EN-2            | <p>12 x 50 swim @ 1:10 or r=15</p> <p><u>4 x thru:</u></p> <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| REC             | 100 swim                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

Total = 2500

DAY/DATE: WEDNESDAY/NOV. 24, 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             | 300 swim                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| EN-1            | 8 x 25 scull with freestyle kick @ r=5                                                                                                                                                                                                                                                                                                                                                                                                                  |
| EN-1 TO<br>EN-2 | <u>Swim as one continuous set:</u> <ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>○ 2 x 150 swim @ 2:45 or r=20<ul style="list-style-type: none"><li>▪ 4 x 75 kick @ 1:45 or r=15<ul style="list-style-type: none"><li>• 6 x 50 swim @ 1:00 or r=15</li></ul></li></ul></li></ul></li><li>▪ 4 x 75 kick @ 1:45 or r=15</li><li>○ 2 x 150 swim @ 2:45 or r=20</li><li>• 1 x 300 pull</li></ul> |
| EN-1            | 8 x 25 drill @ 45 or r=15 <ul style="list-style-type: none"><li>• 25 10-beat free/25 DPS</li></ul>                                                                                                                                                                                                                                                                                                                                                      |
| REC             | 200 swim                                                                                                                                                                                                                                                                                                                                                                                                                                                |

Total = 3000

DAY/DATE: THURSDAY/NOV. 25, 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            |

|      |                                                                                                                                                                                                                                                                                                                                                                       |
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| REC  | <ul style="list-style-type: none"><li>• 300 swim</li><li>• 6 x 50 @ r=10<ul style="list-style-type: none"><li>◦ 25 kick/25 swim</li></ul></li></ul>                                                                                                                                                                                                                   |
| EN-1 | 24 x 25 swim @ 40 or r=10-15<br><u>Alternate:</u> <ul style="list-style-type: none"><li>• 25 stroke/25 free</li></ul>                                                                                                                                                                                                                                                 |
| EN-2 | <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 3:40 or r=30<ul style="list-style-type: none"><li>◦ odd 50's stroke</li></ul></li><li>• 4 x 50 swim @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ even 50's stroke</li></ul></li><li>• 8 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ all stroke</li></ul></li></ul> |
| REC  | 100 choice                                                                                                                                                                                                                                                                                                                                                            |

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 26, 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          | <ul style="list-style-type: none"><li>• 300 swim</li><li>• 200 kick</li><li>• 100 pull</li></ul>                                                                                 |
| EN-1         | 8 x 50 @ r=10 <ul style="list-style-type: none"><li>• 1-4: 25 kick/25 swim</li><li>• 5-8: 25 drill/25 swim</li></ul>                                                             |
| EN-2 TO EN-3 | 3 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"><li>• #1: straight 200</li><li>• #2: broken 15 seconds at 100</li><li>• #3: broken 10 seconds at each 50</li></ul> |
| REC          | 6 x 50 pull or swim @ r=10                                                                                                                                                       |
| EN-2 TO EN-3 | 3 x 100 swim @ 2:30 or r=60 <ul style="list-style-type: none"><li>• #1: straight 100</li><li>• #2: broken 15 seconds at 50</li><li>• #3: broken 10 seconds at each 25</li></ul>  |
| REC          | 300 choice                                                                                                                                                                       |

Total = 2500