

DAY/DATE: MONDAY/NOVEMBER 8, 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	<ul style="list-style-type: none">• 400 swim• 200 kick
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">◦ 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">▪ 1 x 300 pull @ 5:15 or r=45<ul style="list-style-type: none">• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">▪ 4 x 50 swim @ 55 or r=10<ul style="list-style-type: none">• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ 4 x 25 swim @ 30 or r=10
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 9, 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	500 choice
EN - 1	<u>2 x thru:</u> <ul style="list-style-type: none">• 4 x 25 fly kick @ 45 or r=10<ul style="list-style-type: none">• 1st 12.5 yards/meters underwater• 2 x 50 choice kick @ 1:30 or r=15
EN - 2	<u>2 x thru:</u> <ul style="list-style-type: none">• 4 x 50 pull @ 1:00 or r=15<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 50 drill @ 1:10 or r=15<ul style="list-style-type: none">• IM order• 4 x 75 swim @ 1:45 or r=20<ul style="list-style-type: none">• #1: 50 fly "DPS"/25 back "fast"• #2: 50 back "DPS"/25 breast "fast"• #3: 50 breast "DPS"/25 free "fast"• #4: 50 free "DPS"/25 fly "fast"• extra 60 seconds between rounds
REC	200 choice

Total = 2500

"DPS" = maximum distance per stroke

DAY/DATE: WEDNESDAY/NOV. 10, 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	<ul style="list-style-type: none">• 200 swim• 2 x 50 swim @ r=10• 200 kick• 2 x 50 kick @ r=10
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 25 @ 30 or r=5<ul style="list-style-type: none">◦ 50 @ 50 or r=5<ul style="list-style-type: none">▪ 75 @ 1:20 or r=10<ul style="list-style-type: none">◦ 100 @ 1:40 or r=10<ul style="list-style-type: none">◦ 200 @ 3:20 or r=20<ul style="list-style-type: none">◦ 300 @ 5:00 or r=30<ul style="list-style-type: none">• 400 @ 6:40 or r=40◦ 300 @ 5:00 or r=30<ul style="list-style-type: none">◦ 200 @ 3:20 or r=20<ul style="list-style-type: none">◦ 100 @ 1:40 or r=10<ul style="list-style-type: none">▪ 75 @ 1:20 or r=10◦ 50 @ 50 or r=5• 25 @ 30 or r=5
REC	200: 25 scull with free kick/25 swim

Total = 3000

DAY/DATE: THURSDAY/NOV. 11, 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">• 400 swim• 12 x 25 pull @ 30 or r=5
EN-1 TO EN-2	<u>Stroke #1 (choose one stroke):</u> <ul style="list-style-type: none">• 4 x 100 @ 2:00 or r=15<ul style="list-style-type: none">• 50 stroke drill/50 free• 4 x 50 kick @ 1:30 or r=10<ul style="list-style-type: none">• stroke #1• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none">• stroke #1
EN-1 TO EN-2	<u>Stroke #2 (choose another stroke):</u> <ul style="list-style-type: none">• 4 x 100 @ 2:00 or r=15<ul style="list-style-type: none">• 50 stroke drill/50 free• 4 x 50 kick @ 1:30 or r=10<ul style="list-style-type: none">• stroke #2• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none">• stroke #2
EN-1	12 x 25 pull @ 30 or r=5
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 12, 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 TO EN-1	<ul style="list-style-type: none">• 300 swim• 300 pull• 6 x 50 pull @ 55 or r=10<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 75 @ r=15<ul style="list-style-type: none">• 50 kick/25 swim DPS
EN-1/EN-3	<p>800 swim:</p> <p><i>Swim this set without stopping (it is harder than it looks)</i></p> <ul style="list-style-type: none">• 25 easy/25 fast<ul style="list-style-type: none">• 50 easy/50 fast<ul style="list-style-type: none">• 75 easy/75 fast<ul style="list-style-type: none">• 100 easy/100 fast• 75 easy/75 fast• 50 easy/50 fast• 25 easy/25 fast
EN-1/EN-3	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 choice

Total = 2500