

DAY/DATE: MONDAY/NOVEMBER 29, 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 swim • 4 x 75 @ r=10 ◦ 25 scull w/ free kick/25 drill/25 swim • 6 x 50 pull @ r=10 ◦ breathe 3/5 by 25's
EN-1 TO EN-2	<u>2 x thru:</u> • 1 x 300 swim @ 5:15 or r=45 ◦ negative split • 2 x 150 swim @ 2:30 or r=15 ◦ 2nd 150 faster than 1st 150 • 3 x 100 swim @ 1:40 or r=10 ◦ descend times 1-3 • extra 30 seconds rest
EN-1 TO EN-2	12 x 25 swim @ 30 or r=5 <u>4 x thru:</u> • DPS (maximum distance per stroke) • DPS-1 (DPS less 1 stroke) • DPS-2 (DPS less 2 strokes)

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 30, 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	400 swim
EN - 1	12 x 50 @ r=10 <u>Alternate:</u> • 50 kick • 50 swim
EN - 1	16 x 25 swim @ 40 or r=10 • 400 IM order
EN - 1 TO EN - 2	12 x 50 swim @ 1:05 or r=15 <u>4 x thru:</u> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
EN - 1/EN - 2	400 IM kick: negative split each 100
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/DEC. 1, 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	• 200 swim • 100 kick • 200 pull
EN-1	4 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-3	<u>2 x thru:</u> • 4 x 150 @ 2:45 or r=30 ◦ descend times 1-4 • 4 x 50 @ 1:00 or r=15 ◦ hold same pace as last 150 • 4 x 25 @ 30 or r=10 ◦ all fast! • 1 x 100 @ 3:00 ◦ easy
REC	200 swim

Total = 3000

DAY/DATE: THURSDAY/DECEMBER 2, 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	10 x 50 @ 1:05 or r=10 • max 5 freestyle • 25 drill/25 swim
EN-1 TO EN-2	<u>3 x thru (choose one stroke each round):</u> • 1 x 200 @ 4:30 or r=20 ◦ 50 kick/50 swim/50 kick/50 swim • 8 x 25 swim @ 40 or r=10 ◦ descend times 1-4, 5-8
REC	8 x 25 @ r=10 • 25 scull/25 pull

Total = 2500

DAY/DATE: FRIDAY/DECEMBER 3, 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	• 300 swim • 200 kick: IM • 100 drill: IM
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-3	8 x 75 swim @ 1:40 or r=20-30 • choose 1 or 2 strokes • descend times 1-4, 5-8
EN-1 TO EN-3	8 x 50 swim @ 1:15 or r=20-30 • choose 1 or 2 strokes • descend times 1-4, 5-8
EN-1 TO EN-3	8 x 25 swim @ 45 or r=10-20 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	300 choice

Total = 2500