

DAY/DATE: MONDAY/MARCH 21, 2022

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">• 300 swim• 8 x 25 (25 drill/25 swim) @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 600 swim (or pull) @ 10:00 or r=60<ul style="list-style-type: none">◦ moderate pace, note time▪ 1 x 400 swim (or pull) @ 6:40 or r=40<ul style="list-style-type: none">• moderate pace, note time◦ 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">▪ moderate pace, note time◦ 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">▪ faster than previous 200▪ 1 x 400 swim @ 6:40 or r=40<ul style="list-style-type: none">• faster than previous 400• 1 x 600 swim @ 10:00 or r=60<ul style="list-style-type: none">◦ faster than previous 600
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 22, 2022

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 TO EN-1	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull• 12 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	8 x 100 @ 2:20 or r=20 2 x thru: <ul style="list-style-type: none">• 25 fly/75 back kick• 25 back/75 breast kick• 25 breast/75 free kick• 25 free/75 fly kick
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• 50 fly• 25 fly/25 back• 50 back• 25 back/25 breast• 50 breast• 25 breast/25 free• 50 free• 25 free/25 fly
EN-2	8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 23, 2022

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	600 choice
EN-1	20 x 25 @ r=10 5 x thru: <ul style="list-style-type: none">• 25 kick• 25 10-beat free• 25 catch-up free• 25 swim
EN-1 TO EN-3	3 x thru: 1st 100 sets pace for 200 and 300; goal is to hold 100 pace for 200 and 300. This is a deceptively hard set! <ul style="list-style-type: none">• 1 x 100 @ 1:45 or r=15• 1 x 200 @ 3:30 or r=30• 1 x 300 @ 5:15 or r=60
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 24, 2022

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	500 choice
EN-1	10 x 25 kick @ 45 or r=15 • fly, back, or breast
EN-1	500 pull: • breathe 5/3/5/3/5 by 100's
EN-1	10 x 25 drill @ 40 or r=10 • fly, back, or breast
EN-1 TO EN-2	500 swim: • every 4 th length "stroke" (not freestyle)
EN-1 TO EN-2	10 x 25 swim @ 40 or r=15 • fly, back, or breast
EN-1 TO REC	250 pull: • breathe 3/5/3/5/3 by 50's

Total = 2500

DAY/DATE: FRIDAY/MARCH 25, 2022

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"> • 300 swim • 200 kick • 100 pull
EN-1	<p>8 x 50 @ 1:10 or r=20</p> <ul style="list-style-type: none"> • 1-4: 25 kick/25 swim • 5-8: 25 drill/25 swim
EN-2 TO EN-3	<p>6 x 200 swim: <u>descend times 1-3, 4-6</u> (choose one stroke for each set of 3 x 200)</p> <ul style="list-style-type: none"> • #1: 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> • straight 200 swim • #2: 200 "broken" swim @ 4:15 or r=60 <ul style="list-style-type: none"> • stop for 15 seconds @ 100 • subtract 15 seconds to get time • #3: 200 "broken" swim @ 4:30 or r=60 <ul style="list-style-type: none"> • stop for 10 seconds @ each 50 • subtract 30 seconds to get time
REC	300 choice

Total = 2500