

DAY/DATE: MONDAY/MARCH 7, 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">• 200 swim• 200 kick: IM• 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">◦ 2nd one faster than 1st• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ negative split w/ 1st 150 DPS• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">◦ negative split• 2 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ 1st 150: DPS◦ 2nd 150: negative split• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3
EN-1/EN-3	16 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 8, 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	400 choice
EN-1	4 x 100 pull @ 1:40 or r=10 • breathe 3/5/3/5 by 100's
EN-1 TO EN-2	8 x 50 @ 1:10 or r=15 4 x thru: • 25 fly drill/25 back drill • 25 fly swim/25 back swim
EN-1 TO EN-2	8 x 50 @ 1:10 or r=15 4 x thru: • 25 back drill/25 breast drill • 25 back swim/25 breast swim
EN-1 TO EN-2	8 x 50 @ 1:10 or r=15 4 x thru: • 25 breast drill/25 free drill • 25 breast swim/25 free swim
EN-1/EN-3	400 swim: • every 4 th length fast! • every 4 th length "stroke"
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 9, 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	<ul style="list-style-type: none">• 300 swim• 200 kick• 100 swim
EN-1 TO EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 2 x 50 freestyle @ 60 or r=10<ul style="list-style-type: none">◦ 2nd 50 faster than 1st 50• 4 x 25 swim @ 45 or r=15<ul style="list-style-type: none">◦ 100 IM order
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 4 x 150 swim @ 2:40 or r=20<ul style="list-style-type: none">◦ descend pace by 50's◦ e.g., 50 easy/50 moderate/50 fast• 1 x 100 swim @ 2:30 or r=45<ul style="list-style-type: none">◦ easy freestyle, DPS
EN-1	400 pull: breathe 3/5/3/5 by 100's
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 10, 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	<ul style="list-style-type: none">• 200 swim• 200 kick: IM• 200 pull
EN-1	4 x 50 kick @ 1:30 or r=10 <ul style="list-style-type: none">• 1 each stroke
EN-1 TO EN-2	<u>4 x thru (choose 1 stroke per round):</u> <ul style="list-style-type: none">• 1 x 100 @ 2:15 or r=20<ul style="list-style-type: none">◦ 25 drill/25 swim• 1 x 75 @ 1:45 or r=20<ul style="list-style-type: none">◦ 25 scull w/ flutter kick/25 drill/25 swim• 1 x 50 swim @ 1:15 or r=15<ul style="list-style-type: none">◦ build• 1 x 25 swim @ 1:00 or r=30<ul style="list-style-type: none">◦ long & strong
EN-1 TO EN-2	400 kick IM: negative split each 100
REC	6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• ascend times 1-6

Total = 2500

DAY/DATE: FRIDAY/MARCH 11, 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	6 x (50 swim/25 kick/25 drill)
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1	12 x 25 @ 40 or r=10 • 25 drill/25 build
SP-1/REC	10 x 50 swim @ 1:00 or r=10-20 • odd 50's: fast! • even 50's: easy
REC	8 x 25 scull with flutter kick @ r=5
SP-1/REC	10 x 25 swim @ 45 or r=10-20 • odd 25's: fast! • even 25's: easy
EN-1	2 x (25 scull/25 glide/25 pull)
REC	300 swim: ascend pace by 100's

Total = 2500