

DAY/DATE: MONDAY/MAY 2, 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"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li><li>• 100 drill</li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-1 TO EN-2	20 seconds rest between swims; keep heart rate at 120-150 BPM: <ul style="list-style-type: none"><li>• 25<ul style="list-style-type: none"><li>◦ 50<ul style="list-style-type: none"><li>▪ 100<ul style="list-style-type: none"><li>• 200<ul style="list-style-type: none"><li>◦ 400<ul style="list-style-type: none"><li>• 200<ul style="list-style-type: none"><li>▪ 100<ul style="list-style-type: none"><li>◦ 50<ul style="list-style-type: none"><li>• 25</li></ul></li></ul></li></ul></li></ul></li></ul></li></ul></li></ul></li></ul></li></ul>
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul>
EN-1/EN-2	8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"><li>• negative split</li></ul>
REC	150 swim

Total = 3000

DAY/DATE: TUESDAY/MAY 3, 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	300 swim
EN-1	8 x 25 "stroke" (no freestyle) @ 45 or r=15 <ul style="list-style-type: none"><li>• 25 kick/25 swim</li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 5 x 100 IM @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ descend times 1-5</li></ul></li><li>• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none"><li>◦ all fly</li></ul></li><li>• 4 x 100 IM @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ work the fly and breast</li></ul></li><li>• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none"><li>◦ all back</li></ul></li><li>• 3 x 100 IM @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ work the back and free</li></ul></li><li>• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none"><li>◦ all breast</li></ul></li><li>• 2 x 100 IM @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ negative split (work the back half)</li></ul></li><li>• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none"><li>◦ all free</li></ul></li><li>• 1 x 100 IM<ul style="list-style-type: none"><li>◦ work it!</li></ul></li></ul>
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/MAY 4, 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	<b>600 choice</b>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ hard effort, good tempo</li></ul></li><li>• 2 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's</li></ul></li><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ hard effort, good tempo</li></ul></li><li>• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 25's</li></ul></li><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ hard effort, good tempo</li></ul></li><li>• 8 x 50 pull @ 55 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's</li></ul></li><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ hard effort, good tempo</li></ul></li></ul>
EN-1/EN-3	<b>8 x 25 swim @ 30 or r=10</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	<b>200 swim</b>

Total = 3000

DAY/DATE: THURSDAY/MAY 5, 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	4 x (25 swim/25 drill/25 kick)
EN-1	<ul style="list-style-type: none"><li>• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 kick/25 swim</li></ul></li><li>• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 scull with free kick/25 swim</li></ul></li></ul>
EN-1 TO EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 50 drill @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ stroke</li></ul></li><li>• 1 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 25 stroke/25 free</li></ul></li><li>• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's</li></ul></li><li>• 1 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 50 stroke/50 free</li></ul></li><li>• 1 x 50 swim @ 1:30 or r=30<ul style="list-style-type: none"><li>◦ stroke</li></ul></li></ul>
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 6, 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"><li>• 200 swim</li><li>• 4 x 50 (25 drill/25 swim) @ r=10</li><li>• 8 x 25 (25 scull/25 pull) @ r=5</li></ul>
EN-1 TO EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"><li>• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ fast feet!</li></ul></li><li>• 3 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ build each 75 to ~100 race pace</li></ul></li></ul>
EN-3	<p><u>4 x BTF's:</u></p> <ul style="list-style-type: none"><li>• B=breakout with 3 strokes fast<ul style="list-style-type: none"><li>◦ ~20 seconds rest</li></ul></li><li>• T=fast turn<ul style="list-style-type: none"><li>◦ ~20 seconds rest</li></ul></li><li>• F=fast finish<ul style="list-style-type: none"><li>◦ ~40 seconds rest</li></ul></li></ul>
REC	8 x 25 (25 scull with free kick/25 swim) @ r=5

Total = 2500