

DAY/DATE: MONDAY/MAY 23, 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
EN-1 TO EN-2	<ul style="list-style-type: none">• 6 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3, 4-6• 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">◦ negative split each 300• 1 x 600 pull @ 9:30 or r=30<ul style="list-style-type: none">◦ negative split• 4 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MAY 24, 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 200 kick 100 pull
EN-1	12 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	<u>16 x 75 @ 1:45 or r=20</u> <ul style="list-style-type: none">• 75 fly kick<ul style="list-style-type: none">◦ 25 back kick/25 breast kick/25 free<ul style="list-style-type: none">▪ 25 back kick/25 breast/25 free<ul style="list-style-type: none">• 75 swim: 25 back/25 breast/25 free• 75 back kick<ul style="list-style-type: none">◦ 25 breast kick/25 free kick/25 fly<ul style="list-style-type: none">▪ 25 breast kick/25 free/25 fly<ul style="list-style-type: none">• 75 swim: 25 breast/25 free/25 fly• 75 breast kick<ul style="list-style-type: none">◦ 25 free kick/25 fly kick/25 back<ul style="list-style-type: none">▪ 25 free kick/25 fly/25 back<ul style="list-style-type: none">• 75 swim: 25 free/25 fly/25 back• 75 free kick<ul style="list-style-type: none">◦ 25 fly kick/25 back kick/25 breast<ul style="list-style-type: none">▪ 25 fly kick/25 back/25 breast<ul style="list-style-type: none">• 75 swim: 25 fly/25 back/25 breast
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 25, 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• 6 x 50 @ r=10<ul style="list-style-type: none">◦ 25 scull/25 pull
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate pace• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ build each 100• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ at 800/1000 race pace (somewhat hard)• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ at 400/500 race pace (hard)• extra 60 seconds rest
EN-1/EN-3	<p>12 x 50 swim @ 1:00 or r=15</p> <ul style="list-style-type: none">• fast in and out of turns!• easy between flags• fast finish!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 26, 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 TO EN-1	<ul style="list-style-type: none">• 500 swim• 6 x 50 @ r=15<ul style="list-style-type: none">◦ 25 drill/25 swim
EN-1 TO EN-2	<p><u>3 x thru (choose one stroke per round):</u></p> <ul style="list-style-type: none">• 1 x 100 kick @ 2:30 or r=15• 2 x 75 @ 2:00 or r=20<ul style="list-style-type: none">◦ 50 drill/25 swim◦ 25 drill/50 swim• 3 x 50 @ 1:15 or r=20<ul style="list-style-type: none">◦ 25 drill/25 swim◦ 25 swim/25 drill◦ 50 swim• 4 x 25 swim @ 45 or r=15
EN-1 TO REC	<p>8 x 25 swim @ r=10</p> <ul style="list-style-type: none">• ascend times 1-8

Total = 2500

DAY/DATE: FRIDAY/MAY 27, 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">• 200 swim• 200 kick• 200 pull
EN-1	12 x 25 (25 scull/25 glide/25 pull) @ r=5
EN-2 TO EN-3	<u>2 x thru:</u> <ul style="list-style-type: none">• 1 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none">◦ moderate, 70% effort• 2 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">◦ strong, 80% effort• 8 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ strong, 90% effort
EN-1	200 kick or swim
EN-1 TO EN-2	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 build/25 fast/25 DPS
REC	100 easy

Total = 2500