

DAY/DATE: MONDAY/MAY 30, 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• 200 pull• 200 swim |
| EN-1 | <u>2 x thru:</u> <ul style="list-style-type: none">• 2 x 50 @ r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 2 x 100 @ r=20<ul style="list-style-type: none">◦ 25 scull/25 pull |
| EN-1 TO EN-2 | 3 x 500 @ r=45 <ul style="list-style-type: none">• #1: pull with buoy and band (or legs crossed)• #2: pull with buoy• #3: swim |
| REC | 100 easy |

Total = 3000

DAY/DATE: TUESDAY/MAY 31, 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 | <ul style="list-style-type: none">• 300 swim• 200 kick: IM• 100 drill: IM |
| EN-1 | 2 x 300 pull @ 4:45 or r=15 • breathe 3/5/3 by 100's |
| EN-2 | 8 x 75 swim @ 1:30 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none">• 25 fly/50 free• 25 free/25 back/25 free• 50 free/25 breast• 25 fly/25 back/25 breast |
| EN-3/REC | 20 x 25 swim with fins @ 45 or r=20 • ½ length underwater dolphin kick <i>fast</i> / swim <i>easy</i> to wall |
| REC | 200 choice |

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 1, 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 | <u>3 x thru:</u> <ul style="list-style-type: none">• 200 swim• 100 kick |
| EN-1 | <ul style="list-style-type: none">• 4 x 25 pull @ 30 or r=5<ul style="list-style-type: none">◦ breathe 3/5 by 25's• 4 x 50 pull @ 55 or r=10<ul style="list-style-type: none">◦ breathe 3/5 by 25's• 4 x 75 pull @ 1:30 or r=20<ul style="list-style-type: none">◦ breathe 3/5/3 by 25's |
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 4 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none">◦ descend times 1-4• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ same pace as 4th 100• 4 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none">◦ all fast |
| REC | 200 choice |

Total = 3000

DAY/DATE: THURSDAY/JUNE 2, 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 thru: <ul style="list-style-type: none">• 100 swim• 50 kick |
| EN-1 | 400 pull: breathe 3/4/5/3 by 100's |
| EN-1 | 4 x 50 stroke drill @ r=10 |
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 3 x 100 @ 2:00 or r=20<ul style="list-style-type: none">◦ 25 "stroke"/75 free• 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none">◦ 50 "stroke"/50 free• 3 x 100 @ 2:20 or r=20<ul style="list-style-type: none">◦ 75 "stroke"/25 free• 3 x 100 @ 2:30 or r=20<ul style="list-style-type: none">◦ 100 "stroke" |
| REC | 100 swim |

Total = 2500

DAY/DATE: FRIDAY/JUNE 3, 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">• 400 swim• 200 kick• 2 x 75 @ r=15<ul style="list-style-type: none">◦ 25 kick/25 drill/25 swim• 2 x 50 @ r=10<ul style="list-style-type: none">◦ 25 scull/25 pull |
| EN-3 | 1 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none">• fast! |
| REC | 300 <i>easy</i> swim |
| SP-1 | 2 x 75 swim @ 1:30 or r=30 <ul style="list-style-type: none">• fast! |
| REC | 300 <i>easy</i> swim |
| SP-1 | 2 x 50 swim @ 1:00 or r=20 <ul style="list-style-type: none">• fast! |
| REC | 300 <i>easy</i> swim |
| SP-1 | 2 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• fast! |
| REC | 300 <i>easy</i> swim |

Total = 2500