

DAY/DATE: MONDAY/MAY 9, 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	• 300 swim • 200 kick • 100 pull
EN-1 TO EN-2	<u>3 x thru:</u> • 1 x 300 pull @ 4:45 or r=15 ◦ breathe 3/5/3 by 100's • 2 x 150 freestyle @ 2:30 or r=15 ◦ descend times 1-2 • extra 30 seconds between rounds
EN-1/EN-2	400 kick: every 3 rd length fast!
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MAY 10, 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-2	<u>2 x thru:</u> • 4 x 75 @ 1:45 or r=30 ◦ 50 fly/25 back ◦ 50 back/25 breast ◦ 50 breast/25 free ◦ 50 free/25 fly • 4 x 50 swim @ 1:05 or r=15 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free ◦ 25 free/25 fly • 8 x 25 swim @ 30 or r=5 ◦ 100 IM order • extra 60 seconds between rounds
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 11, 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	• 200 swim • 200 kick • 200 pull • 200 swim
EN-1	12 x 50 @ 1:05 or r=15 <u>4 x thru:</u> • 25 10-beat back/25 back • 50 corkscrew: 4 strokes free, 5 strokes back • 25 10-beat free/25 free
EN-1 TO EN-3	<u>2 x thru:</u> Goal = 200 faster than 200 split of 300, 100 faster than 100 split of 200, 50 faster than 50 split of 100 • 1 x 300 swim @ 5:00 or r=30 ◦ 1 x 200 swim @ 3:15 or r=15 ▪ 1 x 100 swim @ 1:45 or r=15 • 1 x 50 swim @ 1:30 or r=45
REC	12 x 25 @ r=5 • 25 scull/25 pull

Total = 3000

DAY/DATE: THURSDAY/MAY 12, 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	• 200 swim • 200: 25 drill/25 swim • 4 x 50 kick @ r=15 ◦ 25 easy/25 fast
EN-1 TO EN-2	<u>3 x thru (choose one stroke per round):</u> • 4 x 25 kick @ 45 or r=15 • 4 x 50 (25 drill/25 swim) @ 1:15 or r=15 • 1 x 300 swim @ 5:00 or r=30 ◦ alternate: 50 stroke/50 free
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 13, 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	400 choice
EN-1	6 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-2	• 8 x 25 swim @ 40 or r=15 • 100 kick @ 3:00 or r=60 • 4 x 25 swim @ 35 or r=10 • 100 kick @ 3:00 or r=60 • 2 x 25 swim @ 30 or r=5
EN-3	• 3 x 100 swim @ 2:00 or r=20+ ◦ goal = best time + 25 sec's ◦ extra 60 seconds before next set • 3 x 100 swim @ 2:15 or r=30+ ◦ goal = best time + 20 sec's ◦ extra 60 seconds before next set • 3 x 100 swim @ 2:30 or r=45+ ◦ goal = best time + 15 sec's
REC	200 choice

Total = 2500