

DAY/DATE: MONDAY/AUGUST 15, 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            |

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| REC          | 300 choice                                                                                                                                                                                                                                                                                                                                                    |
| EN-1         | 8 x 25 scull with flutter kick @ r=5                                                                                                                                                                                                                                                                                                                          |
| EN-1 TO EN-2 | <u>3 x thru:</u> <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><li>◦ descend times 1-3 (over 3 rounds)</li></ul></li><li>• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• extra 30 seconds rest</li></ul> |
| REC          | 100 choice                                                                                                                                                                                                                                                                                                                                                    |

Total = 3000

DAY/DATE: TUESDAY/AUGUST 16, 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            |

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|------|---------------------------------------------------------------------------------------------------------------|
| REC  | 300 swim                                                                                                      |
| EN-1 | 8 x 50 pull @ 55 or r=10<br>• breathe 3/5 by 25's                                                             |
| EN-1 | 8 x 50 kick @ r=10<br>• 25 easy/25 fast<br>• 2 each stroke, IM order                                          |
| EN-2 | 5 x 75 swim @ 1:40 or r=20<br>• 25 fly/25 free/25 fly<br>• descend times 1-5<br>• easy 25 at end of set       |
| EN-2 | 5 x 75 swim @ 1:40 or r=20<br>• 25 back/25 free/25 back<br>• descend times 1-5<br>• easy 25 at end of set     |
| EN-2 | 5 x 75 swim @ 1:40 or r=20<br>• 25 breast/25 free/25 breast<br>• descend times 1-5<br>• easy 25 at end of set |
| REC  | 200 choice                                                                                                    |

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 17, 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            |

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| REC          | <b>400 choice</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| EN-1 TO EN-2 | <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 50 kick @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ 25 easy/25 fast</li></ul></li><li>• 2 x 200 swim @ 3:30 or r=20<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 100 @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 50's</li></ul></li><li>• 1 x 200 kick @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ 25 easy/25 fast</li></ul></li><li>• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ <u>2 x thru:</u><ul style="list-style-type: none"><li>▪ 2 x 50 DPS</li><li>▪ 2 x 50 build</li></ul></li></ul></li></ul> |
| SP-1         | 8 x 25 free (from center of pool) @ 45 or r=15-20 <ul style="list-style-type: none"><li>• flip turns practice!</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| REC          | <b>200 choice</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

Total = 3000

DAY/DATE: THURSDAY/AUGUST 18, 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       | 500 choice                                                                                                                      |
| EN-1      | 400 pull: <ul style="list-style-type: none"><li>• breathe every 3<sup>rd</sup> stroke</li><li>• negative split</li></ul>        |
| EN-1/EN-2 | 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"><li>• negative split each 50</li><li>• choice of strokes</li></ul> |
| EN-1      | 300 pull: breathe 3/5/3 by 100's                                                                                                |
| EN-1/EN-2 | 6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"><li>• negative split each 50</li><li>• choice of strokes</li></ul> |
| EN-1      | 200 pull: breathe 3/5/3/5 by 50's                                                                                               |
| EN-1/EN-2 | 8 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"><li>• negative split each 50</li><li>• choice of strokes</li></ul> |
| REC       | 200 choice                                                                                                                      |

Total = 2500

DAY/DATE: FRIDAY/AUGUST 19, 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>• 200 IM kick</li><li>• 200 pull</li><li>• 200 IM drill</li><li>• 8 x 25 (25 scull/25 pull) @ r=5</li></ul>                                                                                                                 |
| EN-1 TO EN-2 | 12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"><li>• <u>4 x thru:</u><ul style="list-style-type: none"><li>◦ 25 DPS</li><li>◦ 25 build</li><li>◦ 25 fast breakout, easy to wall</li></ul></li></ul>                                                                     |
| EN-2 TO EN-3 | <u>Tempo and effort increase with each set:</u> <ul style="list-style-type: none"><li>• 2 x 150 swim @ 3:15 or r=45<ul style="list-style-type: none"><li>◦ 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>▪ 12 x 25 swim @ 40 or r=15</li></ul></li></ul></li></ul> |
| EN-1 TO REC  | 8 x 25 (25 scull/25 pull) @ r=5                                                                                                                                                                                                                                                      |
| REC          | 100 choice                                                                                                                                                                                                                                                                           |

Total = 2500