

DAY/DATE: MONDAY/AUGUST 22, 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 | 400 swim |
| EN-1 | <u>4 x thru:</u> <ul style="list-style-type: none">• 2 x 50 pull @ 55 or r=10• 2 x 25 pull @ 30 or r=5 |
| EN-1 TO EN-2 | <u>@ 20 seconds rest between swims:</u> <ul style="list-style-type: none">• 50<ul style="list-style-type: none">◦ 100<ul style="list-style-type: none">▪ 150<ul style="list-style-type: none">• 200<ul style="list-style-type: none">◦ 250<ul style="list-style-type: none">▪ 300<ul style="list-style-type: none">◦ 250<ul style="list-style-type: none">• 200<ul style="list-style-type: none">▪ 150<ul style="list-style-type: none">◦ 100<ul style="list-style-type: none">• 50 |
| EN-2 TO REC | 8 x 25 swim @ r=10 <ul style="list-style-type: none">• ascend times 1-8 |

Total = 3000

DAY/DATE: TUESDAY/AUGUST 23, 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 | 12 x 25 @ r=10 <ul style="list-style-type: none">• 25 scull/25 drill/25 swim• IM order |
| EN-1 | 8 x 75 pull @ 1:40 or r=15 <ul style="list-style-type: none">• 25 free/25 breast/25 free |
| EN-2 | 8 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none">• odd 75's: 25 fly/25 back/25 breast• even 75's: 25 back/25 breast/25 free |
| EN-1 TO EN-2 | 20 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order |
| REC | 200 swim |

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 24, 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 | 600 choice |
| EN-1 TO EN-3 | <p><u>3 x thru:</u></p> <ul style="list-style-type: none">• 1 x 250 pull @ 4:00 or r=15<ul style="list-style-type: none">◦ moderate effort◦ breathe 3/5/3/5/3 by 50's• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">◦ 50 moderate/50 build/50 hard/50 DPS• 1 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ moderate effort◦ breathe 3/5/3 by 50's• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ 50 build/50 hard• 1 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ 25 build/25 hard |
| REC | 150 choice |

Total = 3000

DAY/DATE: THURSDAY/AUGUST 25, 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 | <ul style="list-style-type: none">• 200 swim• 200 IM kick• 200 pull• 200 IM drill |
| EN-1 TO EN-2 | 8 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none">• choose 1 stroke for each set of 4 x 50• descend times 1-4, 5-8 |
| EN-1 | 12 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• 3 of each stroke |
| EN-2 | 12 x 50 swim @ 1:30 or r=30 <ul style="list-style-type: none">• choose 1 stroke for each set of 4 x 50• best possible average for each set of 4 x 50 |
| EN-1 | 12 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• 3 of each stroke |
| REC | 100 swim |

Total = 2500

DAY/DATE: FRIDAY/AUGUST 26, 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 drill |
| EN-1 | 12 x 25 @ r=15 <ul style="list-style-type: none">• 25 kick/25 swim |
| EN-1/EN-2 | 10 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none">• 25 build/25 fast |
| REC | 200 swim |
| EN-1/EN-3 | 10 x 25 swim @ 40 or r=20 <ul style="list-style-type: none">• 25 build/25 fast |
| REC | 200 swim |
| EN-1/EN-3 | 10 x 25 swim @ 40 or r=20 <ul style="list-style-type: none">• 25 build/25 fast |
| REC | 200 choice |

Total = 2500