

DAY/DATE: MONDAY/AUGUST 5, 2019

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"><li>• 400 swim</li><li>• 200 kick</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:40 or r=40</li><li>• 4 x 100 swim @ 1:45 or r=15</li><li>• 1 x 300 pull @ 5:00 or r=30</li><li>• 4 x 75 swim @ 1:30 or r=15</li><li>• 1 x 200 pull @ 3:20 or r=20</li><li>• 4 x 50 swim @ 55 or r=10</li><li>• 1 x 100 pull @ 1:40 or r=10</li><li>• 4 x 25 swim @ 30 or r=10</li></ul>
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 6, 2019

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	<b>500 choice</b>
EN-1 TO EN-2	<b><u>2 x thru:</u></b> <ul style="list-style-type: none"><li>• 4 x 25 fly kick on back @ 45 or r=10<ul style="list-style-type: none"><li>• 1st 12.5 underwater</li></ul></li><li>• 2 x 50 choice kick @ 1:30 or r=15</li></ul>
EN-1 TO EN-2	<b><u>2 x thru:</u></b> <ul style="list-style-type: none"><li>• 4 x 50 pull @ 1:00 or r=15<ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li><li>• 4 x 50 drill @ 1:10 or r=15<ul style="list-style-type: none"><li>• IM order</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=20<ul style="list-style-type: none"><li>• #1: 50 fly "DPS"/25 back "fast"</li><li>• #2: 50 back "DPS"/25 breast "fast"</li><li>• #3: 50 breast "DPS"/25 free "fast"</li><li>• #4: 50 free "DPS"/25 fly "fast"</li></ul></li><li>• extra 60 seconds between rounds</li></ul>
REC	<b>200 choice</b>

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 7, 2019

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"><li>• 200 swim</li><li>• 2 x 50 swim @ r=10</li><li>• 200 kick</li><li>• 2 x 50 kick @ r=10</li></ul>
EN-1	12 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	25 @ 30 or r=5 50 @ 50 or r=5 75 @ 1:20 or r=10 100 @ 1:40 or r=10 200 @ 3:20 or r=20 300 @ 5:00 or r=30 400 @ 6:40 or r=40 300 @ 5:00 or r=30 200 @ 3:20 or r=20 100 @ 1:40 or r=10 75 @ 1:20 or r=10 50 @ 50 or r=5 25 @ 30 or r=5
REC	200: 25 scull with free kick/25 swim

Total = 3000

DAY/DATE: THURSDAY/AUGUST 8, 2019

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"><li>• 400 swim</li><li>• 12 x 25 pull @ 30 or r=5</li></ul>
EN-1 TO EN-2	<p><u>2 x thru (choose one stroke for each round):</u></p> <ul style="list-style-type: none"><li>• 1 x 400 swim @ 8:00 or r=60<ul style="list-style-type: none"><li>• alternate: 50 "stroke"/50 free</li></ul></li><li>• 4 x 50 kick @ 1:30 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• extra 60 seconds rest between rounds</li></ul>
EN-1	12 x 25 pull @ 30 or r=5
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/AUGUST 9, 2019

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 TO EN-1	<ul style="list-style-type: none"><li>• 300 swim</li><li>• 300 pull</li><li>• 6 x 50 pull @ 55 or r=10<ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li><li>• 4 x 75 @ r=15<ul style="list-style-type: none"><li>• 50 kick/25 swim DPS</li></ul></li></ul>
EN-1 TO EN-3	<b>800 swim:</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast<ul style="list-style-type: none"><li>• 50 easy/50 fast<ul style="list-style-type: none"><li>• 75 easy/75 fast</li><li>• 100 easy/100 fast</li><li>• 75 easy/75 fast</li></ul></li><li>• 50 easy/50 fast</li></ul></li><li>• 25 easy/25 fast</li></ul>
EN-1/EN-3	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	200 choice

Total = 2500