

DAY/DATE: MONDAY/OCTOBER 7, 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 |

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|-----------------|---|
| 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/OCTOBER 8, 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 |

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|-----------------|--|
| REC | 300 swim |
| EN-1 | 12 x 25 @ r=10 • 25 scull/25 drill/25 swim |
| EN-1 | 8 x 75 pull @ 1:40 or r=15 • 25 free/25 breast/25 free |
| EN-2 | 8 x 75 swim @ 1:45 or r=20 • 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 @ 30 or r=5 • 100 IM order |
| REC | 200 swim |

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 9, 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 |

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| REC | 500 choice |
| EN-1 TO EN-2 | <u>3 x thru:</u> <ul style="list-style-type: none">• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate effort• 1 x 150 swim @ 2:45 or r=20<ul style="list-style-type: none">◦ 50 build/50 DPS/50 build• 1 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ negative split• 1 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split |
| EN-1 TO EN-2 | <u>5 x thru:</u> <ul style="list-style-type: none">• 1 x 50 swim @ 1:00 or r=15• 2 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ faster than 50 pace |
| EN-1/EN-3 | 300 kick: every 3 rd length fast! |
| REC | 200 choice |

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 10, 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 |

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|-----------------|--|
| REC | <ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull |
| 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 | 10 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• no freestyle |
| EN-2 TO EN-3 | 8 x 50 swim @ 1:20 or r=30 <ul style="list-style-type: none">• choose 1 stroke• keep stroke count consistent• best possible average for 8 x 50 |
| EN-1 | 400 pull: breathe every 3rd stroke |
| EN-1 | 10 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• no freestyle |
| REC | 200 swim |

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 11, 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 |

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|-----------|--|
| REC | <ul style="list-style-type: none">• 200 swim• 200 choice• 200 swim |
| EN-1 | 12 x 25 @ r=15 <ul style="list-style-type: none">• 25 kick/25 swim |
| EN-1/SP-1 | 10 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none">• 25 build/25 fast |
| REC | 200 swim |
| EN-1/SP-1 | 10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 build/25 fast |
| REC | 200 swim |
| EN-1/SP-1 | 10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 build/25 fast |
| REC | 200 choice |

Total = 2500