

DAY/DATE: MONDAY/JANUARY 13, 2020

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	600 choice
EN-1 TO EN-2	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 100's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster-than-normal tempo • 2 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 50's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster-than-normal tempo • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 25's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster-than-normal tempo • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster-than-normal tempo
EN-1/EN-2	8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	200 swim

Total = 3000

DAY/DATE: TUESDAY/JANUARY 14, 2020

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	<ul style="list-style-type: none">• 200 swim, 200 kick, 200 pull
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-2	3 x thru: <ul style="list-style-type: none">• 25 fly @ 40 or r=10• 25 fly/25 back @ 1:10 or r=15• 25 fly/25 back/25 breast @ 1:40 or r=20• 100 IM @ 2:20 or r=30
REC	100 choice
EN-2	3 x thru: <ul style="list-style-type: none">• 25 free @ 30 or r=5• 25 breast/25 free @ 1:00 or r=10• 25 back/25 breast/25 free @ 1:30 or r=15• 100 IM @ 2:00 or r=20
REC	100 choice

Total = 2500

DAY/DATE: THURSDAY/JANUARY 16, 2020

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 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 4 x 200 swim @ 4:15 or r=40<ul style="list-style-type: none">◦ 50 "stroke"/50 free/50 "stroke"/50 free▪ 4 x 150 swim @ 3:00 or r=20<ul style="list-style-type: none">• 50 free/50 "stroke"/50 free◦ 4 x 100 swim @ 2:00 or r=20<ul style="list-style-type: none">▪ 50 "stroke"/50 free• 4 x 50 swim @ 1:05 or r=10<ul style="list-style-type: none">◦ all "stroke"
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 17, 2020

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 swim
EN-1 TO EN-3	<ul style="list-style-type: none">• 4 x 100 kick @ 2:40 or r=20<ul style="list-style-type: none">◦ descend times 1-4• 8 x 25 kick @ 50 or r=20<ul style="list-style-type: none">◦ 85-90% effort• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-4• 8 x 25 pull @ 40 or r=15<ul style="list-style-type: none">◦ 90% effort• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 8 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ 90-95% effort
REC	300 choice

Total = 2500