

DAY/DATE: MONDAY/JANUARY 20, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 25 scull with flutter kick @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 swim or pull @ 6:30 or r=30<ul style="list-style-type: none">◦ negative split• 16 x 25 swim @ 30 or r=5<ul style="list-style-type: none">◦ descend times 1-4, 5-8, 9-12, 13-16• 2 x 200 swim or pull @ 3:20 or r=20<ul style="list-style-type: none">◦ negative split each 200• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none">◦ descend times 1-4, 5-8• 4 x 100 swim or pull @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 21, 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	400 swim
EN-1	<u>3 x thru:</u> <ul style="list-style-type: none">• 4 x 50 @ 1:05 or r=15<ul style="list-style-type: none">◦ 25 drill/25 build◦ reverse IM order• 1 x 100 free @ 2:00 or r=30<ul style="list-style-type: none">◦ "DPS" (max. distance per arm-stroke)
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none">• 3 x 75 swim @ 1:40 or r=20<ul style="list-style-type: none">◦ 50 fly/25 back◦ 50 back/25 breast◦ 50 breast/25 free• 1 x 25 easy @ 1:00 or r=30
EN-1	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 22, 2020

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	400 choice
EN-1	16 x 25 @ r=5 • 25 scull/25 pull
EN-1/EN-2 TO EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 4 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 3 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 1 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ moderate effort • 2 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ moderate effort • 1 x 100 swim <ul style="list-style-type: none"> ◦ moderate-hard effort
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 23, 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 kick• 200 pull
EN-1	4 x 150 pull @ 2:40 or r=20 • breathe 3/5/3 by 50's
EN-2	4 x 100 kick @ 2:30 or r=20 • 25 "stroke"/25 free
EN-1 TO EN-2	4 x 75 @ 1:40 or r=20 • 25 "stroke" drill/25 "stroke"/25 free
EN-1 TO EN-2	4 x 50 swim @ 1:05 or r=15 • 25 "stroke"/25 free
EN-1 TO EN-2	12 x 25 swim @ 45 or r=15 • all "stroke"
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 24, 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	200 swim, 200 kick, 200 pull
EN-1	8 x 75 @ 1:40 or r=15 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	12 x 25 swim @ 45 or r=15 #1: <u>relaxed</u> pace, count strokes #2: <u>faster</u> pace, aim for same stroke count #3: <u>fastest</u> pace, aim for same stroke count
REC	100 choice
EN-3/REC	<ul style="list-style-type: none">• 4 x 25 swim @ r=30<ul style="list-style-type: none">◦ max. effort• 1 x 200 swim @ 5:00<ul style="list-style-type: none">◦ easy effort• 4 x 25 swim @ r=30<ul style="list-style-type: none">◦ max. effort• 1 x 200 swim @ 5:00<ul style="list-style-type: none">◦ easy effort• 4 x 25 swim @ r=30<ul style="list-style-type: none">◦ max. effort
REC	200 choice

Total = 2500