

DAY/DATE: MONDAY/JANUARY 6, 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"><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 @ 7:00 or r=60<ul style="list-style-type: none"><li>◦ 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>▪ 1 x 300 pull @ 5:15 or r=45</li></ul></li><li>• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>▪ 4 x 50 swim @ 1:00 or r=15</li><li>• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ 4 x 25 swim @ 30 or r=10</li></ul></li></ul></li></ul></li></ul></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/JANUARY 7, 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             | <b>400 choice</b>  |
| EN-2            | <p><b><u>3 x thru:</u></b></p> <ul style="list-style-type: none"> <li>• 4 x 25 fly kick @ 45 or r=10               <ul style="list-style-type: none"> <li>◦ 1<sup>st</sup> 12.5 meters (or yards) underwater</li> </ul> </li> <li>• 2 x 50 choice kick @ 1:30 or r=20</li> </ul>   |
| EN-1 TO<br>EN-2 | <p><b><u>2 x thru:</u></b></p> <ul style="list-style-type: none"> <li>• 4 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 50 drill @ 1:10 or r=10               <ul style="list-style-type: none"> <li>◦ IM order</li> </ul> </li> <li>• 4 x 75 swim @ 1:45 or r=30               <ul style="list-style-type: none"> <li>◦ #1: 50 fly "strong"/25 back "fast"</li> <li>◦ #2: 50 back "strong"/25 breast "fast"</li> <li>◦ #3: 50 breast "strong"/25 free "fast"</li> <li>◦ #4: 50 free "strong"/25 fly "fast"</li> </ul> </li> <li>• extra 30 seconds between rounds</li> </ul> |
| REC             | <b>100 swim</b>  |

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 8, 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          | <ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>   |
| EN-1         | 8 x 25 (25 scull/25 pull) @ r=5  |
| EN-1         | 8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"><li>• 25 drill/25 "DPS" (max. distance per stroke)</li></ul>                             |
| EN-1 TO EN-3 | 8 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul>  |
| EN-1 TO EN-3 | 4 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"><li>• "negative split" (2<sup>nd</sup> 75 faster than 1<sup>st</sup> 75)</li></ul> |
| EN-1         | 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"><li>• 25 DPS/25 build tempo</li></ul>   |
| REC          | 200 choice   |

Total = 3000

DAY/DATE: THURSDAY/JANUARY 9, 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"><li>• 200 swim</li><li>• 200 kick or drill</li></ul>   |
| EN-1         | 6 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"><li>• 25 breast/25 free</li></ul>   |
| EN-1 TO EN-2 | 300 freestyle: no breathing flags to wall  |
| EN-1         | 12 x 50 @ 1:15 or r=15<br><u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 scull with free kick/25 stroke</li><li>• 50 stroke</li><li>• 50 free</li></ul> |
| EN-1/EN-3    | 300 kick: every 3 <sup>rd</sup> length fast!   |
| EN-1         | 12 x 25 @ 40 or r=10<br><u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 drill</li><li>• 25 stroke</li><li>• 25 free</li></ul>                            |
| REC          | 300 swim or pull   |

Total = 2500

DAY/DATE: FRIDAY/JANUARY 10, 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          | <ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 kick</li> <li>• 200 pull</li> </ul>  |
| EN-1 TO EN-2 | <ul style="list-style-type: none"> <li>• 2 x 50 kick @ 1:30 or r=20               <ul style="list-style-type: none"> <li>◦ 2 x 50 kick @ 1:20 or r=15                   <ul style="list-style-type: none"> <li>▪ 2 x 50 kick @ 1:15 or r=10                       <ul style="list-style-type: none"> <li>• 2 x 50 kick @ 1:10 or r=5</li> </ul> </li> </ul> </li> </ul> </li> </ul>   |
| REC          | 8 x 25 (25 scull/25 pull) @ r=5   |
| EN-1 TO EN-3 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 150 free @ 3:00 or r=30               <ul style="list-style-type: none"> <li>◦ moderate effort, negative split</li> </ul> </li> <li>• 2 x 75 stroke @ 1:45 or r=30               <ul style="list-style-type: none"> <li>◦ 50 long &amp; strong/25 fast</li> </ul> </li> <li>• 3 x 50 free @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ moderate effort, descend times 1-3</li> </ul> </li> <li>• 6 x 25 stroke @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ 25 build/25 fast</li> </ul> </li> <li>• extra 30 seconds between rounds</li> </ul> |
| REC          | 200: 25 scull/25 pull   |

Total = 2500