

DAY/DATE: MONDAY/APRIL 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	<ul style="list-style-type: none">• 200 swim• 100 kick• 200 (25 drill/25 swim)
EN-1 TO EN-2	<p>2 x thru:</p> <ul style="list-style-type: none">• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ 25 build/25 "DPS" (max. distance/stroke)• extra 30 seconds rest
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/APRIL 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	16 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 25 kick/25 swim/25 drill/25 swim• 1 round each stroke• reverse IM order
EN-2	Milt Nelms Axis Swim <u>6 x thru:</u> <ul style="list-style-type: none">• 25 back• 25 fly• 25 back• 25 breast• 25 free• 25 free• 25 free
EN-1	16 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 25 kick/25 swim/25 drill/25 swim• 1 round each stroke (IM order)
REC	50 choice

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 15, 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	500 choice
EN-1 TO EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 1 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none"> ◦ negative split • 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3 • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ negative split • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
EN-1 TO EN-2	<p>12 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> • choose one stroke for each set of 3 x 50 • <u>golf score</u> = time + # of strokes • lowest score wins!
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/APRIL 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 kick• 100 pull
EN-1	10 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none">• 25 breast/25 free
EN-1 TO EN-2	500 swim <u>alternate:</u> <ul style="list-style-type: none">• 50 back• 50 free
EN-1	20 x 25 swim @ 40 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none">• 3 strokes fly, easy free• 4 strokes fly, easy free• 5 strokes fly, easy free• all fly• all free
EN-1 TO EN-2	18 x 25 swim @ 40 or r=15 <u>6 x thru:</u> <ul style="list-style-type: none">• 25 build• 25 fast• 25 "DPS" (max. distance per stroke)
REC	50 swim

Total = 2500

DAY/DATE: FRIDAY/APRIL 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 50 @ r=10 <u>alternate:</u> <ul style="list-style-type: none">• 25 kick/25 swim• 25 drill/25 swim
REC TO EN-3	<u>3 x thru:</u> <ul style="list-style-type: none">• 4 x 50 swim @ r=10<ul style="list-style-type: none">◦ #1=25 easy/25 fast◦ #2=25 fast/25 easy◦ #3=50 fast◦ #4=50 easy• 2 x 50 swim (fast) @ r=30• 1 x 100 swim (build) @ r=10• 1 x 100 swim (easy) @ r=60

Total = 2500