

DAY/DATE: MONDAY/APRIL 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">• 200 swim• 100 kick• 200 pull
EN-1	4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 100 @ 1:45 or r=15<ul style="list-style-type: none">◦ 200 @ 3:15 or r=15<ul style="list-style-type: none">▪ 400 @ 6:30 or r=30<ul style="list-style-type: none">• 800 @ 13:00 or r=60• 400 @ 6:30 or r=30<ul style="list-style-type: none">◦ 200 @ 3:15 or r=15• 100 @ 1:45 or r=15
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/APRIL 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	<ul style="list-style-type: none"> • 400 swim • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 each stroke
EN-1 TO EN-2	<ul style="list-style-type: none"> • 8 x 25 breast @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 50 free/25 breast/25 free • 8 x 25 back @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 25 free/25 back/25 breast/25 free • 8 x 25 fly @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 IM @ 2:10 or r=20
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 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">• 200 swim• 200 kick• 200 pull
EN-1	<ul style="list-style-type: none">• 8 x 25 kick @ 45 or r=10<ul style="list-style-type: none">◦ 25 build kick/25 fast kick• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ DPS
EN-1 TO EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none">• 2 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 25's• 4 x 50 swim @ 60 or r=15<ul style="list-style-type: none">◦ negative split• 1 x 200 swim @ 3:40 or r=40<ul style="list-style-type: none">◦ build speed
REC	<p>8 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull with kick/25 swim

Total = 3000

DAY/DATE: THURSDAY/APRIL 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">• 300 swim• 3 x 100 @ r=15<ul style="list-style-type: none">◦ 25 drill/25 swim• 6 x 50 @ r=15<ul style="list-style-type: none">◦ 25 drill/25 swim
EN-2	<p><u>Choose one stroke:</u></p> <ul style="list-style-type: none">• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">◦ extra 30 seconds rest▪ 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• extra 30 seconds rest<ul style="list-style-type: none">◦ 4 x 25 swim @ 30 or r=5<ul style="list-style-type: none">▪ extra 60 seconds rest<ul style="list-style-type: none">• 8 x 50 kick @ 1:15 or r=15
EN-1 TO REC	<ul style="list-style-type: none">• 1 x 300 pull: breathe 3/5/3 by 100's• 3 x 100 pull or swim @ r=10<ul style="list-style-type: none">◦ ascend pace

Total = 2500

DAY/DATE: FRIDAY/APRIL 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">• 200 swim• 2 x 50 swim @ r=10• 200 kick• 2 x 50 kick @ r=10
EN-1	4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none">• 25 drill/25 DPS/25 build
EN-1 TO EN-3	<ul style="list-style-type: none">• 12 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ every 3rd 50 fast!• 1 x 100 easy• 8 x 50 swim @ 1:15 or r=30<ul style="list-style-type: none">◦ every 2nd 50 fast!• 1 x 100 easy• 4 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none">◦ all 50's fast!
REC	200 choice

Total = 2500