

DAY/DATE: MONDAY/APRIL 27, 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<ul style="list-style-type: none">◦ 200 kick<ul style="list-style-type: none">▪ 200 pull• 100 drill
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 5/3 on odd 50's• breathe 3/5 on even 50's
EN-1 TO EN-2	20 seconds rest between swims; keep heart rate at 120-150 BPM: <ul style="list-style-type: none">• 25<ul style="list-style-type: none">◦ 50<ul style="list-style-type: none">▪ 100<ul style="list-style-type: none">• 200<ul style="list-style-type: none">◦ 400• 200<ul style="list-style-type: none">▪ 100◦ 50• 25
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• descend times 1-4, 5-8
EN-1/EN-2	8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• negative split
REC	150 swim

Total = 3000

DAY/DATE: TUESDAY/APRIL 28, 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	200 swim
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 25 stroke kick/25 stroke swim
EN-2	<ul style="list-style-type: none"> • 5 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-5 • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ◦ all fly • 4 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ work the fly and breast • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ◦ all back • 3 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ work the back and free • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ◦ all breast • 2 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ work the 2nd 50 • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ◦ all free • 1 x 100 IM <ul style="list-style-type: none"> ◦ work it!
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 29, 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	600 choice
EN-1 TO EN-3	<ul style="list-style-type: none">• 1 x 400 pull @ 6:40 or r=40<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's<ul style="list-style-type: none">• 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 3/5/3/5 by 50's<ul style="list-style-type: none">• 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 3/5/3/5 by 25's<ul style="list-style-type: none">• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ faster-than-normal tempo• 8 x 50 pull @ 50 or r=5<ul style="list-style-type: none">◦ breathe 3/5 by 25's<ul style="list-style-type: none">• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ faster-than-normal tempo
EN-1/EN-3	<ul style="list-style-type: none">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: THURSDAY/APRIL 30, 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	4 x (25 swim/25 drill/25 kick)
EN-1	<ul style="list-style-type: none"> • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 kick/25 swim • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 scull with free kick/25 swim
EN-1 TO EN-2	<p>3 x thru:</p> <ul style="list-style-type: none"> • 50 drill @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ stroke <ul style="list-style-type: none"> ▪ 100 swim @ 2:10 or r=30 <ul style="list-style-type: none"> • 25 stroke/25 free <ul style="list-style-type: none"> ◦ 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ▪ breathe 3/5/3/5 by 50's ▪ 100 swim @ 2:10 or r=30 <ul style="list-style-type: none"> • 50 stroke/50 free • 50 swim @ 1:30 or r=30+ <ul style="list-style-type: none"> ◦ stroke
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 1, 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• 4 x 50 (25 drill/25 swim) @ r=10• 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-3	<p>3 x thru:</p> <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none">◦ fast feet!▪ 3 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-3◦ 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">▪ build each 75 to 100 race pace
EN-3	<p>4 x BTF's:</p> <ul style="list-style-type: none">• B=breakout with 3 strokes fast<ul style="list-style-type: none">◦ swim to center (12.5 meters/yards)◦ ~20 seconds rest• T=fast turn<ul style="list-style-type: none">◦ swim from center (25 meters/yards)◦ ~20 seconds rest• F=fast finish<ul style="list-style-type: none">◦ ~40 seconds rest
REC	8 x 25 (25 scull with free kick/25 swim) @ r=5

Total = 2500