

DAY/DATE: MONDAY/AUGUST 24, 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	600 pull: breathe 3/5/3/5/3/5 by 100's
EN-1 TO EN-2	4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none">• descend times 1-4
EN-1	200 kick: moderate effort
EN-1 TO EN-2	8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none">• descend times 1-4, 5-8
EN-1 TO REC	16 x 25 swim @ 35 or r=10 <ul style="list-style-type: none">• descend stroke count 1-4, 5-8, 9-12, 13-16

Total = 3000

DAY/DATE: TUESDAY/AUGUST 25, 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 TO EN-1	<ul style="list-style-type: none">• 300 swim• 300 kick• 6 x 50 @ r=10<ul style="list-style-type: none">◦ 25 scull/25 pull• 4 x 75 kick @ r=15<ul style="list-style-type: none">◦ IM order
EN-1 TO EN-2	<p>4 x thru:</p> <ul style="list-style-type: none">• 1 x 150 swim @ 3:10 or r=20<ul style="list-style-type: none">◦ 50 back/50 breast/50 free• 2 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">◦ round 1: #1=50 fly, #2=25 fly/25 back◦ round 2: #1=50 back, #2=25 back/25 breast◦ round 3: #1=50 breast, #2=25 breast/25 free◦ round 4: #1=50 free, #2=25 free/25 fly
REC	300 choice

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 26, 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, 2 x 50 swim @ r=10 • 200 kick, 2 x 50 kick @ r=10 • 200 pull, 2 x 50 pull @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ freestyle, "even" split • 2 x 50 best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ freestyle, negative split by 2 seconds • 2 x 50 2nd best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ freestyle, negative split by 4 seconds • 2 x 50 best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ freestyle, negative split by 6 seconds • 2 x 50 2nd best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 swim <ul style="list-style-type: none"> ◦ freestyle, negative split by 8 seconds
REC	200: 25 scull/25 pull

Total = 3000

DAY/DATE: THURSDAY/AUGUST 27, 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	400 swim
EN-1	10 x 25 drill @ 40 or r=10 <u>Alternate:</u> <ul style="list-style-type: none">• 25 "short axis" stroke, 25 "long axis" stroke
EN-1 TO EN-2	10 x 50 swim @ 1:10 or r=15 <u>Alternate:</u> <ul style="list-style-type: none">• 50 "short axis" stroke, 50 "long axis" stroke
EN-1	500 pull: breathe 3/5/3/5 by 100's
EN-1 TO EN-2	10 x 50 swim @ 1:10 or r=15 <u>Alternate:</u> <ul style="list-style-type: none">• 25 "short axis" stroke, 25 "long axis" stroke
EN-2	10 x 25 swim @ 40 or r=10 <u>Alternate:</u> <ul style="list-style-type: none">• 25 "short axis" stroke, 25 "long axis" stroke
REC	100 swim

Total = 2500

Short axis strokes: fly, breaststroke

Long axis strokes: backstroke, freestyle

DAY/DATE: FRIDAY/AUGUST 28, 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 TO EN-1	<ul style="list-style-type: none"> • 200 swim • 2 x 25 swim @ r=10 • 200 kick • 2 x 25 kick @ r=10 • 8 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 build
EN-1 TO EN-3	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=25 <ul style="list-style-type: none"> ◦ odd 50's: 25 DPS/25 build ◦ even 50's: 25 max speed/25 DPS • 1 x 200 easy @ 5:00 • 8 x 50 swim @ 1:05 or r=20 <ul style="list-style-type: none"> ◦ odd 50's: 25 max speed/25 DPS ◦ even 50's: 25 DPS/25 max speed • 1 x 200 easy @ 5:00 • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ odd 50's: 25 DPS/25 max speed ◦ even 50's: 25 max speed/25 DPS
REC	100 choice

Total = 2500