

DAY/DATE: MONDAY/AUGUST 3, 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 | 400 choice |
|-----------------|---|
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 3 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ descend times 1-3• 3 x 200 swim @ 3:15 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 50 swim @ 55 or r=10<ul style="list-style-type: none">◦ descend times 1-3 |
| REC | 200 choice |

Total = 3000

DAY/DATE: TUESDAY/AUGUST 4, 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 |

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|------|---|
| REC | 300 swim |
| EN-1 | 6 x 50 @ r=15 • 25 kick/25 drill |
| EN-1 | 300 pull: breathe 3/5/3 by 100's |
| EN-2 | 4 x 250 swim @ 5:00 or r=30 • 25 fly/50 back/75 breast/100 free |
| EN-2 | 4 x 125 swim @ 2:30 or r=20 • 50 fly/25 back/25 breast/25 free • 25 fly/50 back/25 breast/25 free • 25 fly/25 back/50 breast/25 free • 25 fly/25 back/25 breast/50 free |
| REC | 100 swim |

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 5, 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 |

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| REC TO EN-1 | <ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 8 x 25 @ r=5 <ul style="list-style-type: none"> ◦ 25 scull/25 pull |
| EN-1 TO EN-2 | <ul style="list-style-type: none"> • 8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ odd 100's: moderate effort, DPS ◦ even 100's: descend times 2-4-6-8 • 8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none"> ◦ odd 75's: moderate effort, DPS ◦ even 75's: descend times 2-4-6-8 • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ odd 50's: moderate effort, DPS ◦ even 50's: descend times 2-4-6-8 • 8 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ◦ odd 25's moderate effort, DPS ◦ even 25's: descend times 2-4-6-8 |
| REC | 200 choice |

Total = 3000

DAY/DATE: THURSDAY/AUGUST 6, 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• 100 kick• 200 pull• 8 x 25 @ r=5<ul style="list-style-type: none">◦ 25 scull/25 pull |
| EN-1 TO EN-2 | <p><u>3 x thru:</u></p> <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none">◦ round 1=fly◦ round 2=back◦ round 3=breast• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 drill/25 swim<ul style="list-style-type: none">▪ round 1=fly▪ round 2=back▪ round 3=breast• 2 x 100 swim @ 2:00 or r=20<ul style="list-style-type: none">◦ 50 "stroke"/50 free<ul style="list-style-type: none">▪ round 1 "stroke" = fly▪ round 2 "stroke" = back▪ round 3 "stroke" = breast |
| EN-1 TO REC | 300 pull: breathe every 3 rd stroke |

Total = 2500

DAY/DATE: FRIDAY/AUGUST 7, 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 |

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|--------------|--|
| REC | 400 choice |
| EN-1 TO EN-2 | <p>12 x 25 @ r=10</p> <p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 25 kick • 2 x 25 swim (build each 25) |
| EN-1/EN-3 | <ul style="list-style-type: none"> • 5 x 50 swim @ 50 or r=5 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 1 x 50 swim (fast!) @ 50 or r=10 • 4 x 50 swim @ 55 or r=5 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 2 x 50 swim (fast!) @ 55 or r=15 • 3 x 50 swim @ 1:00 or r=5-10 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 3 x 50 swim (fast!) @ 1:00 or r=15-20 • 2 x 50 swim @ 1:05 or r=10 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 4 x 50 swim (fast!) @ 1:05 or r=20-25 • 1 x 50 swim @ 1:10 or r=10 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 5 x 50 swim (fast!) @ 1:10 or r=25-30 |
| REC | <p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull with free kick/25 swim |

Total = 2500