

DAY/DATE: MONDAY/NOVEMBER 9, 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• 200 kick• 200 pull
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1	10 x 50 @ 1:00 or r=15 <u>2 x thru:</u> <ul style="list-style-type: none">• 25 single-arm free/25 swim• 25 10-beat free/25 swim• 25 catch-up free/25 swim• 25 human stroke ("long dog")/25 swim• 25 "10-10-3"/25 swim
EN-1/EN-3	<u>1000 swim:</u> <ul style="list-style-type: none">• 25 easy/25 fast• 50 easy/50 fast• 75 easy/75 fast• 100 easy/100 fast• 100 easy/100 fast• 75 easy/75 fast• 50 easy/50 fast• 25 easy/25 fast
REC	12 x 25 swim @ r=5 <ul style="list-style-type: none">• 25 scull w/ flutter kick/25 swim

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 10, 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	400 choice
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-2	12 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim
EN-1 TO EN-2	<u>4 x thru (continuously):</u> <ul style="list-style-type: none">• 25 back• 25 fly• 25 back• 25 breast• 25 free• 25 free• 25 free
EN-1 TO EN-2	<u>4 x thru:</u> <ul style="list-style-type: none">• 1 x 50 swim @ 1:05 or r=15<ul style="list-style-type: none">◦ IM order (round 1=fly, round 2=back, round 3=breast, round 4=free)• 1 x 100 IM @ 2:15 or r=30
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 11, 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	400 choice
EN-1	16 x 25 @ r=10 <ul style="list-style-type: none"> • 25 scull/25 pull
EN-1 TO EN-3	<ul style="list-style-type: none"> • 8 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8 • 8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8 • 6 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 6 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 2 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • 2 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ all fast
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 12, 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	500 choice
EN-1	20 x 25 @ 40 or r=10 5 x thru: <ul style="list-style-type: none">• 2 x 25 drill• 2 x 25 swim
EN-1 TO EN-2	2 x thru (choose one "stroke" each round): <ul style="list-style-type: none">• 100 kick @ 2:15 or r=10<ul style="list-style-type: none">▪ 75 kick/25 swim @ 2:15 or r=15<ul style="list-style-type: none">◦ 50 kick/50 swim @ 2:15 or r=20<ul style="list-style-type: none">• 25 kick/75 swim @ 2:15 or r=25<ul style="list-style-type: none">▪ 100 swim @ 2:15 or r=30
EN-1 TO EN-2	16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 25 "stroke"/25 free
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 13, 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">• 4 x 75 @ r=10<ul style="list-style-type: none">◦ 25 drill/50 swim• 6 x 50 @ r=10<ul style="list-style-type: none">◦ 25 kick/25 swim
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none">• 25 scull with flutter kick/25 build
EN-1 TO EN-3	<u>3 x thru:</u> <ul style="list-style-type: none">• 2 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none">◦ 50 DPS/25 build• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split• 2 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ fast!• 1 x 100 swim @ 3:00 or r=60<ul style="list-style-type: none">◦ easy
REC	400 choice

Total = 2500