

DAY/DATE: MONDAY/NOVEMBER 23, 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 TO EN-1	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 2 x 100 (25 drill/25 swim) @ r=15</li><li>• 4 x 50 pull @ r=10</li><li>• 8 x 25 (25 scull/25 pull) @ r=5</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>▪ 2 x 150 swim @ 2:30 or r=20<ul style="list-style-type: none"><li>◦ 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>• 6 x 50 swim @ 55 or r=10</li></ul></li><li>◦ 4 x 75 swim @ 1:30 or r=15</li></ul></li><li>▪ 2 x 150 swim @ 2:30 or r=20</li></ul></li><li>• 1 x 300 swim @ 5:00 or r=30</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 24, 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"> <li>• 400 swim</li> <li>• 200 kick IM</li> <li>• 8 x 25 (25 drill/25 swim) @ r=10</li> <li>• 1 x 200 pull: breathe 3/5 by 25's</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:05 or r=15               <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> </ul> </li> <li>• extra 30 seconds rest</li> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:05 or r=15               <ul style="list-style-type: none"> <li>◦ 25 back/25 breast</li> </ul> </li> <li>• extra 30 seconds rest</li> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:05 or r=15               <ul style="list-style-type: none"> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>8 x 25 swim @ 40 or r=10</li> <li>• 100 IM order</li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOV. 25, 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"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	12 x 50 swim @ 1:00 or r=15 <u>alternate:</u> <ul style="list-style-type: none"><li>• 25 easy/25 build</li><li>• 25 build/25 easy</li></ul>
EN-1 TO EN-2	<u>2 x thru (descend pace as swims get shorter):</u> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ 2 x 100 swim @ 1:45 or r=15</li><li>▪ 4 x 50 swim @ 55 or r=10</li></ul></li><li>• 8 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none"><li>◦ extra 60 seconds rest</li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 26, 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"> <li>• 200 swim</li> <li>• 200 (25 drill/25 swim)</li> <li>• 200 (50 kick/50 swim)</li> </ul>
EN-1	<p>4 x 50 pull @ 55 or r=10</p> <ul style="list-style-type: none"> <li>• breathe every 5<sup>th</sup> stroke</li> </ul>
EN-1 TO EN-2	<p>4 x 200 swim @ 4:00 or r=30</p> <ul style="list-style-type: none"> <li>• #1: 200 free</li> <li>• #2: 50 free/50 "stroke"/50 free/50 "stroke"</li> <li>• #3: 200 free</li> <li>• #4: 50 "stroke"/50 free/50 "stroke"/50 free</li> </ul>
EN-1 TO EN-3	<p>8 x 50 "stroke" @ 1:05 or r=15</p> <p><i>Choose one "stroke" for each set of 4 x 50</i></p> <ul style="list-style-type: none"> <li>• descend times 1-4, 5-8</li> </ul>
EN-1 TO EN-3	<p>16 x 25 "stroke" @ 40 or r=10</p> <p><i>Choose one "stroke" for each set of 4 x 25</i></p> <ul style="list-style-type: none"> <li>• descend times 1-4, 5-8, 9-12, 13-16</li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 27, 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	<b>600 choice</b>
EN-1	<b>8 x 25 build @ r=10</b>
EN-1 TO EN-3	<b>8 x 100 swim @ 2:00 or r=30</b> <ul style="list-style-type: none"><li>• #1/#5: 4<sup>th</sup> 25 = fast!<ul style="list-style-type: none"><li>◦ #2/#6: 3<sup>rd</sup> 25 = fast!<ul style="list-style-type: none"><li>▪ #3/#7: 2<sup>nd</sup> 25 = fast!<ul style="list-style-type: none"><li>• #4/#8: 1<sup>st</sup> 25 = fast!</li></ul></li></ul></li></ul></li></ul>
REC	<b>8 x 25 swim or pull @ r=10</b>
EN-1 TO EN-3	<b>4 x 100 swim @ 2:10 or r=40</b> <ul style="list-style-type: none"><li>• #1: 2<sup>nd</sup> 50 = fast!<ul style="list-style-type: none"><li>◦ #2: 2<sup>nd</sup> and 3<sup>rd</sup> 25's = fast!<ul style="list-style-type: none"><li>▪ #3: 1<sup>st</sup> 50 = fast!<ul style="list-style-type: none"><li>• #4: 1<sup>st</sup> and 4<sup>th</sup> 25's = fast!</li></ul></li></ul></li></ul></li></ul>
REC	<b>12 x 25 swim or pull @ r=5</b>

Total = 2500