

DAY/DATE: MONDAY/JANUARY 4, 2021

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"><li>• 1 x 500 pull @ 8:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5/3 by 100's</li></ul></li><li>• 10 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-5, 6-10</li></ul></li><li>• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 6 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3, 4-6</li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 5, 2021

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>• 4 x 50 kick @ r=10<ul style="list-style-type: none"><li>◦ 1 of each stroke, IM order</li></ul></li></ul>
EN-1 TO EN-2	<p><b>2 x thru:</b></p> <ul style="list-style-type: none"><li>• 4 x 25 fly @ 40 or r=10<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 100 IM @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup></li></ul></li><li>• 4 x 25 back @ 40 or r=10<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 100 IM @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup></li></ul></li><li>• 4 x 25 breast @ 40 or r=10<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 100 IM @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup></li></ul></li></ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 6, 2021

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>• 12 x 25 (25 scull/25 pull) @ r=5</li></ul>
EN-1 TO EN-2	<p><u>2 x thru (faster pace as distance gets shorter):</u></p> <ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:00 or r=30</li><li>• 2 x 150 swim @ 2:45 or r=20</li><li>• 4 x 75 swim @ 1:15 or r=10</li><li>• 6 x 50 swim @ 50 or r=5</li><li>• extra 60 seconds rest</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 7, 2021

FOCUS: SHORT AXIS STROKES

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 10-beat free/25 free</li><li>• 200 pull</li></ul>
EN-1	8 x 25 @ 45 or r=15 <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 2 kicks, 1 pull breast/25 breast</li><li>• 25 4-beat fly/25 fly</li></ul>
EN-1 TO EN-2	2 x 300 swim @ 5:30 or r=30 <ul style="list-style-type: none"><li>• 100 free/100 "stroke"/100 free</li></ul>
EN-1	8 x 25 @ 45 or r=15 <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 cobra/25 breast</li><li>• 25 single-arm fly/25 fly</li></ul>
EN-1 TO EN-2	4 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none"><li>• 50 free/50 "stroke"/50 free</li></ul>
EN-1	8 x 25 @ 45 or r=15 <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 3-up, 3-down breast/25 breast</li><li>• 25 1-1-1 fly/25 fly</li></ul>
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/JANUARY 8, 2021

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>400 choice</b>
EN-1	<b>6 x 75 @ 1:30 or r=15</b> <ul style="list-style-type: none"> <li>• 25 drill/25 build/25 DPS</li> </ul>
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• 1 x 150 free, moderate pace @ 3:00 or r=30</li> <li>• 3 x 50 swim @ 1:00 or r=15-20               <ul style="list-style-type: none"> <li>◦ descend times 1-3 (<i>descend to fast pace!</i>)</li> </ul> </li> <li>• 2 x 75 free, moderate pace @ 1:30 or r=15</li> <li>• 3 x 50 swim @ 1:00 or r=15-20               <ul style="list-style-type: none"> <li>◦ descend times 1-3 (<i>descend to fast pace!</i>)</li> </ul> </li> <li>• 3 x 50 free, moderate pace @ 1:00 or r=10</li> <li>• 3 x 50 swim @ 1:00 or r=15-20               <ul style="list-style-type: none"> <li>◦ descend times 1-3 (<i>descend to fast pace!</i>)</li> </ul> </li> <li>• 2 x 75 free, moderate pace @ 1:30 or r=15</li> <li>• 3 x 50 swim @ 1:00 or r=15-20               <ul style="list-style-type: none"> <li>◦ descend times 1-3 (<i>descend to fast pace!</i>)</li> </ul> </li> <li>• 1 x 150 free, moderate pace @ 3:00 or r=30</li> <li>• 3 x 50 swim @ 1:00 or r=15-20               <ul style="list-style-type: none"> <li>◦ descend times 1-3 (<i>descend to fast pace!</i>)</li> </ul> </li> </ul>
REC	<b>150 swim</b>

Total = 2500