

DAY/DATE: MONDAY/JANUARY 11, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li><li>• 200 swim</li></ul>
EN-1	<p><b>2 x thru:</b></p> <ul style="list-style-type: none"><li>• 2 x 25 kick @ 40 or r=10</li><li>• 2 x 50 @ 1:00 or r=10<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 75 @ 1:30 or r=20<ul style="list-style-type: none"><li>◦ 25 scull with flutter kick/25 drill/25 swim</li></ul></li></ul>
EN-1 TO EN-1	<p>3 x 500 @ 8:00 or r=30 Negative split each 500 (2<sup>nd</sup> half faster than 1<sup>st</sup>)</p> <ul style="list-style-type: none"><li>• #1: pull with buoy</li><li>• #2: pull with buoy and paddles</li><li>• #3: swim</li></ul>
REC	100 easy

Total = 3000

DAY/DATE: TUESDAY/JANUARY 12, 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	<ul style="list-style-type: none"><li>• 400 swim</li><li>• 100 back kick</li><li>• 100 IM drill</li></ul>
EN-1	2 x 300 pull @ 4:45 or r=15 <ul style="list-style-type: none"><li>• breathe 3/5/3/7/3/5 by 50's</li></ul>
EN-1 TO EN-2	8 x 75 swim @ 1:30 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 fly/50 free</li><li>• 25 back/50 free</li><li>• 25 breast/50 free</li><li>• 25 fly/25 back/25 breast</li></ul>
EN-3/REC	20 x 25 swim with fins @ 45 or r=20 <ul style="list-style-type: none"><li>• 15 meters (or yards) fast underwater dolphin kick/10 meters (or yards) easy swim</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 13, 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	<b>3 x (200 swim, 100 kick)</b>
EN-1	<ul style="list-style-type: none"><li>• 4 x 75 pull @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 25's</li></ul></li><li>• 4 x 50 pull @ 55 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's</li></ul></li><li>• 4 x 25 pull @ 30 or r=5<ul style="list-style-type: none"><li>◦ breathe every 5<sup>th</sup> stroke</li></ul></li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 4 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 4 x 50 swim @ 60 or r=15<ul style="list-style-type: none"><li>◦ same pace as 4<sup>th</sup> 100</li></ul></li><li>• 4 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none"><li>◦ all fast</li></ul></li></ul>
REC	<b>200 choice</b>

Total = 3000

DAY/DATE: THURSDAY/JANUARY 14, 2021

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	4 x (100 swim, 50 kick)
EN-1	400 pull: breathe 3/5/3/5/3/5/3/5 by 50's
EN-1	4 x 50 "stroke" drill @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 3 x 100 @ 2:00 or r=20<ul style="list-style-type: none"><li>◦ 25 "stroke"/75 free</li></ul></li><li>• 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none"><li>◦ 50 "stroke"/50 free</li></ul></li><li>• 3 x 100 @ 2:20 or r=20<ul style="list-style-type: none"><li>◦ 75 "stroke"/25 free</li></ul></li><li>• 3 x 100 @ 2:30 or r=20<ul style="list-style-type: none"><li>◦ 100 "stroke"</li></ul></li></ul>
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 15, 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 TO EN-1	<ul style="list-style-type: none"><li>• 1 x 400 swim</li><li>• 1 x 200 kick</li><li>• 4 x 75 @ r=15<ul style="list-style-type: none"><li>◦ 25 kick/25 drill/25 swim</li></ul></li><li>• 1 x 200: 25 scull/25 pull</li><li>• 4 x 50 swim @ r=15<ul style="list-style-type: none"><li>◦ build each 50</li></ul></li></ul>
SP-1/REC	<ul style="list-style-type: none"><li>• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none"><li>◦ hard effort!</li></ul></li><li>• 1 x 200 swim<ul style="list-style-type: none"><li>◦ easy</li></ul></li><li>• 2 x 75 swim @ 2:00 or r=45<ul style="list-style-type: none"><li>◦ hard effort!</li></ul></li><li>• 1 x 200 swim<ul style="list-style-type: none"><li>◦ easy</li></ul></li><li>• 2 x 50 swim @ 1:00 or r=20<ul style="list-style-type: none"><li>◦ hard effort!</li></ul></li><li>• 1 x 200 swim<ul style="list-style-type: none"><li>◦ easy</li></ul></li><li>• 2 x 25 swim @ 45 or r=20<ul style="list-style-type: none"><li>◦ hard effort!</li></ul></li><li>• 1 x 200 swim<ul style="list-style-type: none"><li>◦ easy</li></ul></li></ul>

Total = 2500