

DAY/DATE: MONDAY/JANUARY 18, 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	500 swim
EN-1	10 x 50 @ 1:00 or r=15 5 x thru: <ul style="list-style-type: none">• 25 10-beat free/25 catch-up free• 50 DPS free
EN-1 TO EN-3	1000 swim 3 x thru + 100 easy: <ul style="list-style-type: none">• 100 easy• 100 moderate• 100 fast
EN-1	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1/EN-2	10 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	250 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 19, 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	400 swim
EN-1	<u>4 x thru:</u> <ul style="list-style-type: none">• 25 scull/25 glide stroke/25 pull
EN-2	<u>2 x thru:</u> <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=10<ul style="list-style-type: none">◦ 1 each stroke• 3 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">◦ 25 fly/25 back◦ 25 back/25 breast◦ 25 breast/25 free• 1 x 200 IM @ 4:30 or r=60
EN-1	<u>4 x thru (continuous):</u> <ul style="list-style-type: none">• 25 back• 25 fly• 25 back• 25 breast• 25 free• 25 free• 25 free
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 20, 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">• 100 swim• 100 kick
EN-1 TO EN-2	<ul style="list-style-type: none">• 6 x 50 pull @ 55 or r=10<ul style="list-style-type: none">▪ breathe every 3rd stroke◦ 4 x 75 swim @ 1:20 or r=10<ul style="list-style-type: none">• descend times 1-4• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 2 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">▪ breathe 3/5/3 by 50's◦ 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">• negative split• 2 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">▪ breathe 5/3/5 by 50's• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-3◦ 4 x 75 swim @ 1:20 or r=10<ul style="list-style-type: none">• descend times 1-4• 6 x 50 pull @ 55 or r=10<ul style="list-style-type: none">▪ breathe 3/5 by 25's
REC	100 swim

Total = 3000

DAY/DATE: THURSDAY/JANUARY 21, 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	300 swim
EN-1	12 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• 2 x 25 "stroke"/1 x 25 free
EN-1 TO EN-2	<ul style="list-style-type: none">• 8 x 25 "stroke" @ 40 or r=10• 4 x 50 "stroke" @ 1:05 or r=15• 2 x 100 "stroke" @ 2:15 or r=20-30
EN-1	12 x 25 pull @ 45 or r=10 <ul style="list-style-type: none">• 2 x 25 breast/1 x 25 free
EN-1 TO EN-2	<ul style="list-style-type: none">• 2 x 100 "stroke" @ 2:15 or r=20-30• 4 x 50 "stroke" @ 1:05 or r=15• 8 x 25 "stroke" @ 40 or r=10
EN-1	12 x 25 drill @ 45 or r=15 <ul style="list-style-type: none">• 2 x 25 "stroke"/1 x 25 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 22, 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	<ul style="list-style-type: none">• 200 swim• 150 kick• 200 pull• 150 drill
EN-1/SP-1	12 x 50 swim @ 1:00 or r=15 • every 3 rd 50 fast!
REC	200 swim
EN-1/SP-1	8 x 50 swim @ 1:15 or r=30 • every 2 nd 50 fast!
REC	200 swim
SP-1	4 x 50 swim @ 1:30 or r=60 • all fast!
REC	200 swim

Total = 2500