

DAY/DATE: MONDAY/AUGUST 30, 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	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-1 TO EN-2	2 x 500 swim @ 8:00 or r=30 <ul style="list-style-type: none"><li>• 25 easy<ul style="list-style-type: none"><li>◦ 25 faster<ul style="list-style-type: none"><li>▪ 50 easy<ul style="list-style-type: none"><li>• 50 faster<ul style="list-style-type: none"><li>◦ 75 easy<ul style="list-style-type: none"><li>▪ 75 faster<ul style="list-style-type: none"><li>• 100 easy<ul style="list-style-type: none"><li>◦ 100 faster</li></ul></li></ul></li></ul></li></ul></li></ul></li></ul></li></ul></li></ul>
EN-1 TO EN-2	4 x 250 swim @ 4:00 or r=20 <ul style="list-style-type: none"><li>• 50 easy<ul style="list-style-type: none"><li>◦ 50 faster<ul style="list-style-type: none"><li>▪ 50 easy<ul style="list-style-type: none"><li>• 50 faster<ul style="list-style-type: none"><li>◦ 25 easy<ul style="list-style-type: none"><li>▪ 25 faster</li></ul></li></ul></li></ul></li></ul></li></ul></li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 31, 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	500 choice
EN-1	8 x 50 pull @ 1:05 or r=10 • 25 stroke/25 free
EN-2	4 x thru (1 round each stroke): • 4 x 25 swim @ 45 or r=15 • 1 x 100 swim @ 2:15 or r=30
EN-1	4 x (25 scull/25 glide/25 pull)
EN-2	4 x thru (1 round each stroke): • 2 x 25 swim @ 45 or r=15 • 1 x 50 swim @ 1:15 or r=20
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 1, 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>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> </ul>
EN-1/EN-3	4 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> <li>• #1: fast 4<sup>th</sup> 50               <ul style="list-style-type: none"> <li>◦ #2: fast 3<sup>rd</sup> 50                   <ul style="list-style-type: none"> <li>▪ #3: fast 2<sup>nd</sup> 50                       <ul style="list-style-type: none"> <li>• #4: fast 1<sup>st</sup> 50</li> </ul> </li> </ul> </li> </ul> </li> </ul>
EN-1	8 x 50 @ r=10 <ul style="list-style-type: none"> <li>• alternate: 50 kick, 50 swim</li> </ul>
EN-1/EN-3	4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>• #1: fast 4<sup>th</sup> 25               <ul style="list-style-type: none"> <li>◦ #2: fast 3<sup>rd</sup> 25                   <ul style="list-style-type: none"> <li>▪ #3: fast 2<sup>nd</sup> 25                       <ul style="list-style-type: none"> <li>• #4: fast 1<sup>st</sup> 25</li> </ul> </li> </ul> </li> </ul> </li> </ul>
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> </ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/SEPT. 2, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 300 kick</li><li>• 200 pull</li></ul>
EN-1	6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
EN-2	<u>4 x thru (choose one stroke per round):</u> <ul style="list-style-type: none"><li>• 1 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ 2 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none"><li>▪ 4 x 25 swim @ 45 or r=15</li></ul></li></ul></li></ul>
EN-1/EN-3	300 kick: every 3 <sup>rd</sup> length fast!
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPT. 3, 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"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"><li>• 2 x 50 @ 1:00 or r=10<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 4 x 25 @ 40 or r=10<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li></ul>
SP-1/REC	<ul style="list-style-type: none"><li>• 4 x 75 swim @ 2:00 or r=60<ul style="list-style-type: none"><li>◦ all fast!</li></ul></li><li>• 1 x 200 easy</li><li>• 4 x 50 swim @ 1:30 or r=50<ul style="list-style-type: none"><li>◦ all fast!</li></ul></li><li>• 1 x 200 easy</li><li>• 4 x 25 swim @ 1:00 or r=40<ul style="list-style-type: none"><li>◦ all fast!</li></ul></li><li>• 1 x 200 easy</li></ul>
REC	<p>4 x 25 @ r=5</p> <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>

Total = 2500