

DAY/DATE: MONDAY/JANUARY 3, 2022

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	<b>500 choice</b>
EN-1	<b>12 x 50 pull @ 55</b> <ul style="list-style-type: none"><li>• odd 50's: breathe every 3<sup>rd</sup> stroke</li><li>• even 50's: breathe every 5<sup>th</sup> stroke</li></ul>
EN-1 TO EN-3	<b><u>Broken 1650 "Davis Mile"</u></b> <b><u>Subtract 2½ minutes to get 1650 time</u></b> <ul style="list-style-type: none"><li>• 11 lengths @ r=20</li><li>• 10 lengths @ r=20</li><li>• 9 lengths @ r=20<ul style="list-style-type: none"><li>▪ 8 lengths @ r=15</li><li>▪ 7 lengths @ r=15</li><li>▪ 6 lengths @ r=15</li><li>▪ 5 lengths @ r=15<ul style="list-style-type: none"><li>◦ 4 lengths @ r=10</li><li>◦ 3 lengths @ r=10</li><li>◦ 2 lengths @ r=10<ul style="list-style-type: none"><li>◦ 1 length</li></ul></li></ul></li></ul></li></ul>
REC	<b>250 choice</b>

Total = 3000

DAY/DATE: TUESDAY/JANUARY 4, 2022

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>• 300 swim</li><li>• 8 x 25 pull @ r=5</li><li>• 100 (25 scull with free kick/25 swim)</li></ul>
EN-1	12 x 25 drill @ r=10 <ul style="list-style-type: none"><li>• 3 each stroke</li></ul>
EN-2	<ul style="list-style-type: none"><li>• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ 1 each stroke</li></ul></li><li>• 4 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ 1 each stroke</li></ul></li></ul>
EN-1	300 pull: breathe every 3 <sup>rd</sup> stroke
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ 1 each stroke</li></ul></li><li>• 100 IM @ 2:30 or r=45</li></ul>
EN-1	300 pull: breathe every 3 <sup>rd</sup> stroke
REC	8 x 25 (25 scull/25 pull) @ r=5

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 5, 2022

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	<ul style="list-style-type: none"> <li>• 8 x 25 @ 30 or r=5               <ul style="list-style-type: none"> <li>◦ 25 "10-beat" free/25 "catch-up" free</li> </ul> </li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 400 swim @ 7:00 or r=60               <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 4 x 100 swim @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-4, moderate-hard effort</li> </ul> </li> <li>• 1 x 300 swim @ 5:15 or r=45               <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 3 x 100 swim @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-3, moderate-hard effort</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30               <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 2 x 100 @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-2, moderate-hard effort</li> </ul> </li> <li>• 1 x 100 swim @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 1 x 100 @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ moderate-hard effort</li> </ul> </li> </ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 6, 2022

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	<b>400 choice</b>
EN-1	<p><b><u>2 x thru:</u></b></p> <ul style="list-style-type: none"> <li>• 2 x 50 (25 kick/25 swim) @ 1:10 or r=15</li> <li>• 4 x 25 (25 drill/25 swim) @ 40 or r=10</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 12 x 50 "stroke" @ 1:05 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8, 9-12</li> </ul> </li> <li>• 1 x 200 swim @ 4:30 or r=60               <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> <li>• 8 x 50 "stroke" @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8</li> </ul> </li> <li>• 1 x 200 swim @ 4:30 or r=60               <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> <li>• 4 x 50 "stroke" @ 1:15 or r=20-30               <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 200 swim               <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> </ul>
EN-1	<b>8 x 25 (25 scull with free kick/25 swim) @ r=5</b>

Total = 2500

DAY/DATE: FRIDAY/JANUARY 7, 2022

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>• 8 x 25 (25 kick/25 swim) @ r=5</li> </ul>
EN-1 TO SP-1	<ul style="list-style-type: none"> <li>• 3 x 100 swim @ 2:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 8 x 50 swim @ 1:00 or r=20               <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> <li>• 3 x 100 swim @ 2:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 6 x 50 swim @ 1:10 or r=30               <ul style="list-style-type: none"> <li>◦ 75-80% effort</li> </ul> </li> <li>• 3 x 100 swim @ 2:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 4 x 50 swim @ 1:20 or r=40               <ul style="list-style-type: none"> <li>◦ 85-90% effort</li> </ul> </li> <li>• 3 x 100 swim @ 2:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 2 x 50 swim @ 1:30 or r=60               <ul style="list-style-type: none"> <li>◦ 95% effort</li> </ul> </li> </ul>
EN-1 TO REC	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 100 swim @ r=10</li> <li>• 2 x 50 swim @ r=10</li> </ul>

Total = 2500