

DAY/DATE: MONDAY/JANUARY 17, 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	300 swim
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
EN-1 TO EN-2	<u>Pace gets faster as distance gets shorter:</u> <ul style="list-style-type: none">• 400 swim @ 6:40 or r=40• 300 swim @ 5:00 or r=30• 200 swim @ 3:20 or r=20• 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ 300 swim @ 5:00 or r=30◦ 200 swim @ 3:20 or r=20◦ 100 swim @ 1:40 or r=10<ul style="list-style-type: none">▪ 200 swim @ 3:20 or r=20▪ 100 swim @ 1:40 or r=10▪ 100 swim @ 1:40 or r=10
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 18, 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">• 200 swim• 200 kick
EN-1	8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none">• 1 x 100 IM @ 2:20 or r=30• 3 x 50 swim @ 1:00 or r=10<ul style="list-style-type: none">◦ 25 fly/25 back◦ 25 back/25 breast◦ 25 breast/25 free• 2 x 25 easy freestyle @ r=10• 1 minute between rounds
EN-1	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 19, 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	600 choice
EN-1 TO EN-3	<ul style="list-style-type: none">• 3 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none">◦ DPS (maximum distance per stroke)• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split• 2 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none">◦ DPS• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ first 30 meters/yards fast• 1 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none">◦ DPS• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ Fast turn and finish
EN-1	10 x 25 @ r=5 <ul style="list-style-type: none">• 25 top scull/25 glide stroke• 25 middle scull/25 glide stroke• 25 bottom scull #1/25 glide stroke• 25 bottom scull #2/25 glide stroke• 25 squiggly lines scull/25 glide stroke
REC	50 easy

Total = 3000

DAY/DATE: THURSDAY/JANUARY 20, 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	400 swim
EN-1	16 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick<ul style="list-style-type: none">◦ 25 drill<ul style="list-style-type: none">▪ 25 build• 25 DPS
EN-1 TO EN-2	<u>2 x thru:</u> <ul style="list-style-type: none">• 1 x 200 free @ 3:30 or r=30<ul style="list-style-type: none">◦ 2 x 100 "stroke" @ 2:15 or r=30<ul style="list-style-type: none">▪ 4 x 50 free @ 1:00 or r=15• 8 x 25 "stroke" @ 45 or r=15
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 21, 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	600 choice
EN-1	12 x 25 swim @ r=10 <ul style="list-style-type: none">• build each 25
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none">• #1/#5: 4th 25 fast!• #2/#6: 3rd 25 fast!• #3/#7: 2nd 25 fast!• #4/#8: 1st 25 fast!
REC	8 x 25 swim @ r=5
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none">• #1: last 50 fast!• #2: middle 50 fast!• #3: first 50 fast!• #4: first and last 25's fast!
REC	8 x 25 swim @ r=5

Total = 2500