

DAY/DATE: MONDAY/JANUARY 24, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 3 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ moderately-fast tempo</li></ul></li><li>• 2 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ moderate effort</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ DPS (max. distance per stroke)</li></ul></li><li>• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ DPS (max. distance per stroke)</li></ul></li><li>• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ moderate effort</li></ul></li><li>• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ moderately-fast tempo</li></ul></li></ul>
EN-1/EN-3	16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 25, 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>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-2	12 x 75 @ 2:00 or r=30 <u>3 x thru:</u> <ul style="list-style-type: none"><li>• 75 fly kick</li><li>• 25 back kick/25 breast kick/25 free swim</li><li>• 25 back kick/25 breast swim/25 free swim</li><li>• 25 back swim/25 breast swim/25 free swim</li></ul>
EN-1 TO EN-2	16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• 100 IM order</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 26, 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>• 300 swim</li> <li>• 6 x 50 @ r=10               <ul style="list-style-type: none"> <li>◦ 25 scull with free kick/25 swim</li> </ul> </li> </ul>
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 200 pull @ 3:30 or r=30               <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 2 x 100 swim @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ build each to 200 race pace</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ at 200 race pace + 4 seconds</li> </ul> </li> <li>• 8 x 25 swim @ 30 or r=10               <ul style="list-style-type: none"> <li>◦ at 200 race pace + 2 seconds</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
EN-1/SP-1	<p>12 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> <li>• fast in and out of turns!</li> <li>• fast finish!</li> </ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 27, 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>500 choice</b>
EN-1	<b>6 x 50 @ 1:05 or r=15</b> <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
EN-1 TO EN-2	<b>3 x thru (choose one stroke per round):</b> <ul style="list-style-type: none"><li>• 1 x 100 @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 75 @ 1:45 or r=20<ul style="list-style-type: none"><li>◦ 25 swim/25 drill/25 swim</li></ul></li><li>• 3 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 4 x 25 swim @ 45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li></ul>
EN-2 TO REC	<b>8 x 25 swim @ r=10</b> <ul style="list-style-type: none"><li>• ascend times 1-8</li></ul>

Total = 2500

DAY/DATE: FRIDAY/JANUARY 28, 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>• 200 kick</li><li>• 200 pull</li><li>• 4 x 25 scull @ r=5</li></ul>
EN-2 TO EN-3	<p><u>Tempo gets faster each set:</u></p> <ul style="list-style-type: none"><li>• 2 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none"><li>◦ moderate</li><li>◦ 70% effort</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ strong</li><li>◦ 80% effort</li></ul></li><li>• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none"><li>◦ strong</li><li>◦ 90% effort</li></ul></li></ul>
EN-1	200 kick
EN-1/EN-2	4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"><li>• negative split</li></ul>
EN-1 TO EN-3	12 x 25 swim @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 DPS</li><li>• 25 build</li><li>• 25 fast breakout</li></ul>
REC	200 easy

Total = 2500