

DAY/DATE: MONDAY/JANUARY 31, 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">• 400 swim• 200 kick
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none">◦ 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">▪ 1 x 300 pull @ 5:15 or r=45• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">▪ 4 x 50 swim @ 1:00 or r=15• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ 4 x 25 swim @ 30 or r=10
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/FEBRUARY 1, 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	400 choice
EN-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 fly kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ 1st 12.5 meters (or yards) underwater • 2 x 50 choice kick @ 1:30 or r=20
EN-1 TO EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none"> ◦ IM order • 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> ◦ #1: 50 fly "long & strong"/25 back "fast" ◦ #2: 50 back "long & strong"/25 breast "fast" ◦ #3: 50 breast "long & strong"/25 free "fast" ◦ #4: 50 free "long & strong"/25 fly "fast" • extra 30 seconds between rounds
REC	300 swim

Total = 2500

DAY/DATE: WEDNESDAY/FEBRUARY 2, 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">• 200 swim• 200 kick• 200 pull
EN-1	8 x 25 (25 scull/25 pull) @ r=5
EN-1	8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none">• 25 drill/25 "DPS" (max. distance per stroke)
EN-1 TO EN-3	8 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none">• descend times 1-4, 5-8
EN-1 TO EN-3	4 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none">• "negative split" (2nd 75 faster than 1st 75)
EN-1	8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none">• 25 DPS/25 build tempo
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/FEBRUARY 3, 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	<ul style="list-style-type: none">• 200 swim• 200 kick or drill
EN-1	6 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none">• 25 breast/25 free
EN-1/EN-3	300 swim: every 3 rd length fast!
EN-1	12 x 50 @ 1:15 or r=15 4 x thru: <ul style="list-style-type: none">• 25 scull with free kick/25 stroke• 50 stroke• 50 free
EN-1/EN-3	300 kick: every 3 rd length fast!
EN-1	12 x 25 @ 40 or r=10 4 x thru: <ul style="list-style-type: none">• 25 drill• 25 stroke• 25 free
REC	300 swim or pull

Total = 2500

DAY/DATE: FRIDAY/FEBRUARY 4, 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">• 200 swim• 100 kick• 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 2 x 50 kick @ 1:30 or r=20<ul style="list-style-type: none">◦ 2 x 50 kick @ 1:20 or r=15<ul style="list-style-type: none">▪ 2 x 50 kick @ 1:15 or r=10<ul style="list-style-type: none">• 2 x 50 kick @ 1:10 or r=5
REC	8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 1 x 150 freestyle @ 3:00 or r=30<ul style="list-style-type: none">◦ moderate effort• 2 x 75 stroke @ 1:45 or r=30<ul style="list-style-type: none">◦ 50 long & strong/25 fast• 3 x 50 freestyle @ 1:00 or r=15<ul style="list-style-type: none">◦ moderate effort• 6 x 25 stroke @ 45 or r=15<ul style="list-style-type: none">◦ 25 build/25 fast• extra 30 seconds between rounds
REC	200: 25 scull/25 pull

Total = 2500