

DAY/DATE: MONDAY/MARCH 14, 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">• 200 swim• 200 kick• 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 4 x 100 pull @ 1:45 or r=15• 4 x 100 swim @ 1:45 or r=15• extra 60 seconds rest?<ul style="list-style-type: none">◦ 3 x 100 pull @ 1:40 or r=10◦ 3 x 100 swim @ 1:40 or r=10◦ extra 60 seconds rest?<ul style="list-style-type: none">▪ 2 x 100 pull @ 1:35 or r=5-10▪ 2 x 100 swim @ 1:35 or r=5-10▪ extra 60 seconds rest?<ul style="list-style-type: none">• 1 x 100 pull @ 1:30 or r=5• 1 x 100 swim @ 1:30 or r=5
EN-1/EN-3	<ul style="list-style-type: none">8 x 25 swim @ r=10<ul style="list-style-type: none">• 25 easy/25 fast
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 15, 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: IM• 200 pull
EN-1 TO EN-2	24 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• 2 rounds each stroke• IM order
EN-1	4 x 150 pull @ 2:45 or r=15 <ul style="list-style-type: none">• 25 breast/50 free/25 breast/50 free• descend times 1-4
EN-2	12 x 50 swim @ 1:05 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 16, 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	400 swim
EN-1	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim• 1 each stroke + 4 choice
EN-1 TO EN-3	<u>4 x thru:</u> <ul style="list-style-type: none">• 1 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ breathe 3/5/3 by 50's• 2 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ 25 build/25 fast!/25 DPS• 3 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ descend times 1-3• extra 30 seconds between rounds
EN-1 TO REC	8 x 50 @ r=10 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 scull/25 glide• 50 pull

Total = 3000

DAY/DATE: THURSDAY/MARCH 17, 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• 100 kick: IM• 200: 25 scull/25 pull
EN-1 TO EN-2	<p>3 x thru:</p> <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=10<ul style="list-style-type: none">◦ 100 IM order• 4 x 50 swim @ 1:05 or r=10-20<ul style="list-style-type: none">◦ 25 "stroke"/25 free◦ descend times 1-4• 4 x 75 swim @ 1:45 or r=15-20<ul style="list-style-type: none">◦ #1: 75 freestyle◦ #2: 50 freestyle/25 "stroke"◦ #3: 25 freestyle/50 "stroke"◦ #4: 75 "stroke"• extra 60 seconds between rounds
REC	<p>8 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull w/ flutter kick/25 swim

Total = 2500

DAY/DATE: FRIDAY/MARCH 18, 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	4 x (25 kick/25 drill/50 swim)
EN-1	4 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none">• breathe 3/5/3 by 50's• descend times 1-4
EN-1/EN-3	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
EN-3/REC	<ul style="list-style-type: none">• 8 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ all fast!• 1 x 200 swim<ul style="list-style-type: none">◦ easy• 8 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ all fast!• 1 x 200 swim<ul style="list-style-type: none">◦ easy
EN-1/EN-3	400 swim: every 4 th length fast!
REC	100 swim

Total = 2500