

DAY/DATE: MONDAY/SEPTEMBER 26, 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>400 swim</b>
EN-1	<b>6 x 50 @ r=15</b> <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:40 or r=40</li><li>• 1 x 300 swim @ 5:00 or r=30</li><li>• 1 x 200 pull @ 3:20 or r=20</li><li>• 1 x 100 swim @ 1:40 or r=10</li> <li>• 1 x 300 pull @ 5:00 or r=30</li><li>• 1 x 200 swim @ 3:20 or r=20</li><li>• 1 x 100 pull @ 1:40 or r=10</li> <li>• 1 x 200 swim @ 3:20 or r=20</li><li>• 1 x 100 pull @ 1:40 or r=10</li> <li>• 1 x 100 swim @ 1:40 or r=10</li></ul>
EN-1	<b>6 x 50 @ r=15</b> <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 27, 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	<p>8 x 50 @ 1:10 or r=15</p> <ul style="list-style-type: none"> <li>• 25 kick/25 drill</li> </ul>
EN-2	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 3 x 50 swim @ 1:05 or r=15               <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> <li>◦ 25 back/25 breast</li> <li>◦ 25 breast/25 free</li> </ul> </li> <li>• 1 x 100 IM @ 2:00 or r=15               <ul style="list-style-type: none"> <li>◦ somewhat hard with excellent turns</li> </ul> </li> <li>• 2 x 25 freestyle @ r=10               <ul style="list-style-type: none"> <li>◦ super easy</li> </ul> </li> <li>• 1 minute between rounds</li> </ul>
EN-1	<p>4 x 50 @ 1:05 or r=15</p> <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> <li>• 1 each stroke</li> </ul>
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 28, 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 choice
EN-1/EN-3	<ul style="list-style-type: none"><li>• 3 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ DPS</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ DPS</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 1<sup>st</sup> 30 meters = fast!</li></ul></li><li>• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ DPS</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ turns and finishes = fast!</li></ul></li></ul>
EN-1 TO REC	<p>20 x 25 @ r=5</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"><li>• 25 top scull/25 glide</li><li>• 25 middle scull/25 glide</li><li>• 25 bottom scull #1/25 glide</li><li>• 25 bottom scull #2/25 glide</li><li>• 25 squiggly lines scull/25 glide</li></ul>

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 29, 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	300 swim
EN-1	16 x 25 @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 kick</li><li>• 25 drill</li><li>• 25 build</li><li>• 25 DPS</li></ul>
EN-1 TO EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 200 free @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 2 x 100 "stroke" @ 2:15 or r=30<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup> 100</li></ul></li><li>• 4 x 50 free @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 8 x 25 "stroke" @ 40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• extra 30 seconds rest</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 30, 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	8 x 25 build @ r=10
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"><li>• #1/#5: 4<sup>th</sup> 25 = fast!</li><li>• #2/#6: 3<sup>rd</sup> 25 = fast!</li><li>• #3/#7: 2<sup>nd</sup> 25 = fast!</li><li>• #4/#8: 1<sup>st</sup> 25 = fast!</li></ul>
EN-1	8 x 25 swim @ r=10
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"><li>• 2<sup>nd</sup> 50 = fast!</li><li>• 2<sup>nd</sup> and 3<sup>rd</sup> 25's = fast!</li><li>• 1<sup>st</sup> 50 = fast!</li><li>• 1<sup>st</sup> and 4<sup>th</sup> 25's = fast!</li></ul>
EN-1 TO REC	12 x 25 (25 scull with kick/25 swim) @ r=10

Total = 2500