

DAY/DATE: MONDAY/SEPTEMBER 5, 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	400 choice
EN-1	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe (3/4/5/6/7) x 2 by 50's
EN-1 TO EN-2	2 x 500 swim @ 8:00 or r=30 <ul style="list-style-type: none">• 25 easy• 25 fast (somewhat hard)• 50 easy• 50 fast (somewhat hard)• 75 easy• 75 fast (somewhat hard)• 100 easy• 100 fast (somewhat hard)
EN-1 TO EN-2	4 x 250 swim @ 4:00 or r=20 <ul style="list-style-type: none">• 50 easy• 50 fast (somewhat hard)• 50 easy• 50 fast (somewhat hard)• 25 easy• 25 fast (somewhat hard)
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 6, 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	500 choice
EN-1	8 x 50 pull @ 1:05 or r=10 • 25 stroke/25 free
EN-1 TO EN-2	<u>4 x thru:</u> <i>1 round each stroke</i> • 4 x 25 swim @ 40 or r=10 • 1 x 100 swim @ 2:15 or r=30
EN-1	<u>4 x thru:</u> • 25 scull • 25 glide • 25 pull
EN-1 TO EN-2	<u>4 x thru:</u> <i>1 round each stroke</i> • 2 x 25 swim @ 40 or r=10 • 1 x 50 swim @ 1:15 or r=20
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPTEMBER 7, 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 50 @ 1:00 or r=10 <ul style="list-style-type: none"> • 25 drill/25 swim
EN-1 TO EN-2	4 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> • #1: 4th 50 fast • #2: 3rd 50 fast • #3: 2nd 50 fast • #4: 1st 50 fast
EN-1	8 x 50 @ r=10 <ul style="list-style-type: none"> • alt. 50 kick, 50 swim
EN-1 TO EN-2	4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> • #1: 4th 25 fast • #2: 3rd 25 fast • #3: 2nd 25 fast • #4: 1st 25 fast
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: THURSDAY/SEPTEMBER 8, 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• 300 kick• 200 pull
EN-1	6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 build
EN-1 TO EN-2	<u>4 x thru:</u> <i>Choose one stroke per round</i> <ul style="list-style-type: none">• 1 x 75 swim @ 1:45 or r=30• 2 x 50 swim @ 1:15 or r=20• 4 x 25 swim @ 45 or r=15
EN-1/EN-2	300 kick: every 3 rd length fast!
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 9, 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• 200 kick• 200 pull
EN-1	<p><u>3 x thru:</u></p> <ul style="list-style-type: none">• 2 x 50 @ 1:00 or r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none">◦ descend times 1-4
EN-1 TO EN-3	<ul style="list-style-type: none">• 4 x 75 swim @ 1:40 or r=20-30<ul style="list-style-type: none">◦ <u>2 x thru:</u><ul style="list-style-type: none">▪ 75 build/75 fast!• 1 x 200 easy• 4 x 50 swim @ 1:30 or r=50<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy• 4 x 25 swim @ 1:00 or r=40<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy
REC	<p>4 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull/25 pull

Total = 2500