

DAY/DATE: MONDAY/OCTOBER 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	8 x 25 kick @ r=10 <ul style="list-style-type: none"><li>• build each 25</li></ul>
EN-1 TO EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>▪ 1 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ 1 x 200 pull @ 3:20 or r=20</li></ul></li><li>▪ 1 x 150 swim @ 2:30 or r=15</li></ul></li><li>• 1 x 100 pull @ 2:00 or r=30</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 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	400 choice
EN-1	6 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	12 x 25 @ 40 or r=10 <u>4 x thru:</u> • 25 kick • 25 drill • 25 swim
EN-2	<u>3 x thru:</u> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:00 or r=10 • 25 fly/25 back/25 breast @ 1:30 or r=15 • 100 IM or 100 free @ 2:00 or r=20 • 25 back/25 breast/25 free @ 1:30 or r=15 • 25 breast/25 free @ 1:00 or r=10 • 25 free @ 1:00 or r=30
REC	12 x 25 @ r=5 <u>4 x thru:</u> • 1 x 25 scull with flutter kick • 2 x 25 swim

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 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>• 4 x 50 @ r=10               <ul style="list-style-type: none"> <li>◦ 25 scull with flutter kick/25 swim</li> </ul> </li> </ul>
EN-1 TO EN-3	<p><b>2 x thru:</b></p> <ul style="list-style-type: none"> <li>• 1 x 100 pull @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup> stroke</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=20               <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 100 pull @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup> stroke</li> </ul> </li> <li>• 2 x 100 swim @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-2</li> </ul> </li> <li>• 1 x 100 pull @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup> stroke</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-4 (within 8 seconds)</li> </ul> </li> <li>• 1 x 100 pull @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup> stroke</li> </ul> </li> <li>• 8 x 25 swim @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ 12½ scull, 12½ sprint (limited breathing)</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 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>400 swim</b>
EN-1	<b>4 x 100 pull @ 1:40 or r=10</b> • breathe 3/5 by 25's
EN-1 TO EN-2	<b>4 x 75 kick @ 2:00 or r=20</b> • all "stroke" • build speed within each 75
EN-1	<b>8 x 50 drill @ 1:10 or r=15</b> • all "stroke"
EN-1 TO EN-2	<b>4 x 150 swim @ 3:20 or r=30</b> • all "stroke" • descend times 1-4
EN-1 TO EN-2	<b>4 x 75 kick @ 2:00 or r=20</b> • all "stroke" • descend times 1-4
REC	<b>100 choice</b>

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 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>• stretch for 2 minutes</li><li>• 200 swim (mix of strokes)</li><li>• stretch for 2 minutes</li><li>• 200 kick (mix of strokes)</li><li>• stretch for 2 minutes</li></ul>
EN-1	8 x 50 @ 1:00 or r=10-15 <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>
EN-1	12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• build each 25</li></ul>
REC TO SP-1	<ul style="list-style-type: none"><li>• 4 x 25 swim @ 1:00 or r=45<ul style="list-style-type: none"><li>◦ 100 race pace!</li></ul></li><li>• 4 x 50 (25 drill/25 swim) @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 1 x 300 swim or pull @ 5:30 or r=60<ul style="list-style-type: none"><li>◦ easy pace</li></ul></li><li>• 4 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none"><li>◦ 200 race pace!</li></ul></li><li>• 4 x 25 drill @ 40 or r=10<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 1 x 300 swim or pull<ul style="list-style-type: none"><li>◦ easy pace</li></ul></li></ul>

Total = 2500