

DAY/DATE: MONDAY/OCTOBER 3, 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>• 400 swim</li><li>• 300 IM kick</li><li>• 200 IM drill</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:45 or r=45<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5 by 50's</li></ul></li><li>• 4 x 25 swim @ 30 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 4, 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	<b>400 choice</b>
EN-1 TO EN-2	<b><u>2 x thru:</u></b> <ul style="list-style-type: none"><li>• 4 x 25 fly kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ 1<sup>st</sup> 12.5 meters/yards underwater</li></ul></li><li>• 2 x 50 kick @ 1:20 or r=20<ul style="list-style-type: none"><li>◦ choice</li></ul></li></ul>
EN-1 TO EN-2	<b><u>2 x thru:</u></b> <ul style="list-style-type: none"><li>• 4 x 50 pull @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's</li></ul></li><li>• 4 x 50 drill @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ IM order</li></ul></li><li>• 4 x 75 swim @ 1:40 or r=30<ul style="list-style-type: none"><li>◦ <i>Each 75: 50 DPS (long and strong)/25 fast!</i><ul style="list-style-type: none"><li>▪ #1: 50 fly/25 back</li><li>▪ #2: 50 back/25 breast</li><li>▪ #3: 50 breast/25 free</li><li>▪ #4: 50 free/25 fly</li></ul></li></ul></li><li>• extra 60 seconds between rounds</li></ul>
REC	<b>300 swim</b>

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 5, 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>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li><li>• 8 x 25 (25 scull/25 pull) @ r=5</li></ul>
EN-1	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"><li>• 25 drill/25 DPS</li></ul>
EN-1 TO EN-2	8 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul>
EN-1 TO EN-2	4 x 150 pull @ 2:45 or r=30 <ul style="list-style-type: none"><li>• negative split each 150</li></ul>
EN-1/EN-2	8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"><li>• 25 DPS/25 build to full speed</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 6, 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"><li>• 200 swim</li><li>• 200 kick</li></ul>
EN-1	6 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"><li>• 25 breast/25 free</li></ul>
EN-1/EN-3	400 swim: every 3 <sup>rd</sup> length "stroke"
EN-1 TO EN-2	12 x 50 @ 1:10 or r=10-15 4 x thru: <ul style="list-style-type: none"><li>• 25 scull with flutter kick/25 "stroke"</li><li>• 50 stroke</li><li>• 50 free</li></ul>
EN-1/EN-3	400 kick: every 3 <sup>rd</sup> length fast!
EN-1 TO EN-2	12 x 25 @ 40 or r=10 4 x thru: <ul style="list-style-type: none"><li>• 2 x 25 "stroke"</li><li>• 1 x 25 free</li></ul>
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 7, 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>• 100 kick</li> <li>• 200 pull</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 2 x 50 kick @ 1:30 or r=20</li> <li>• 2 x 50 kick @ 1:20 or r=15</li> <li>• 2 x 50 kick @ 1:15 or r=10</li> <li>• 2 x 50 kick @ 1:05 or r=5</li> </ul>
EN-1	8 x 25 (25 scull with free kick/25 swim) @ r=5
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 150 swim @ 3:00 or r=30               <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 2 x 75 swim @ 1:45 or r=30               <ul style="list-style-type: none"> <li>◦ 25 DPS/25 build/25 fast</li> </ul> </li> <li>• 3 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 DPS/25 fast</li> </ul> </li> <li>• 6 x 25 swim @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ 25 build/25 fast</li> </ul> </li> <li>• extra 60 seconds between rounds</li> </ul>
REC	200: 25 scull/25 pull

Total = 2500