

DAY/DATE: MONDAY/NOVEMBER 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
EN-1	4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">◦ 1 x 300 swim or pull @ 5:00 or r=30<ul style="list-style-type: none">▪ 1 x 400 swim @ 6:30 or r=30<ul style="list-style-type: none">• 1 x 500 swim or pull @ 8:00 or r=30▪ 1 x 400 swim @ 6:30 or r=30◦ 1 x 300 swim or pull @ 5:00 or r=30• 1 x 200 swim @ 3:30 or r=30
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 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"> • 400 swim • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 each stroke, IM order
EN-1 TO EN-2	<ul style="list-style-type: none"> • 8 x 25 breast @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 breast/25 free/25 breast/25 free • 8 x 25 back @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 back/25 free/25 back/25 free • 8 x 25 fly @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 fly/25 free/25 fly/25 free
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 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	200 swim/200 kick/200 pull
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-3	2 x thru: • 1 x 200 pull @ 3:20 or r=20 ◦ moderate pace, breathe every 3 rd stroke • 2 x 100 swim @ 1:45 or r=15 ◦ fast pace (EN-3) • 4 x 50 pull @ 55 or r=10 ◦ moderate pace, breathe every 3 rd stroke • 8 x 25 swim @ 30 or r=10 ◦ fast pace (EN-3) • extra 60 seconds between rounds
EN-1 TO EN-3	• 2 x 50 swim @ 60 or r=15 • 2 x 50 swim @ 55 or r=10 • 2 x 50 swim @ 50 or r=5 • 2 x 50 swim @ 45 or r=2
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 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• 200 kick• 200 pull
EN-1	<ul style="list-style-type: none">• 12 x 25 kick @ 45 or r=10<ul style="list-style-type: none">◦ 25 build/25 fast• 12 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ descend stroke counts: 1-4, 5-8, 9-12
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 2 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 25's• 4 x 50 swim @ 1:05 or r=15<ul style="list-style-type: none">◦ "stroke"◦ negative split each 50• 8 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ "stroke"◦ descend times 1-4, 5-8
REC	<p>4 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull with kick/25 swim

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 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	<ul style="list-style-type: none">• 200 swim• 2 x 50 swim @ r=10• 200 kick• 2 x 50 kick @ r=10
EN-1	<p>4 x 75 @ 1:40 or r=20</p> <ul style="list-style-type: none">• 25 drill/25 build/25 DPS
EN-1 TO SP-1	<ul style="list-style-type: none">• 12 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ every 3rd 50 fast!• 100 easy• 8 x 50 swim @ 1:15 or r=30<ul style="list-style-type: none">◦ every 2nd 50 fast!• 100 easy• 4 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none">◦ all 50's fast!
REC	200 choice

Total = 2500