

DAY/DATE: MONDAY/NOVEMBER 21, 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 TO EN-1	<ul style="list-style-type: none"> • 200 swim • 2 x 100 (25 drill/25 swim) @ r=15 • 4 x 50 pull @ r=10 • 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 2 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none"> ◦ 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> • 6 x 50 swim @ 55 or r=10 ◦ 4 x 75 swim @ 1:30 or r=15 ▪ 2 x 150 swim @ 2:30 or r=20 • 1 x 300 swim @ 5:00 or r=30
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOVEMBER 22, 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 TO EN-1	<ul style="list-style-type: none"> • 400 swim • 200 kick IM • 8 x 25 (25 drill/25 swim) @ r=10 • 1 x 200 pull: breathe 3/5 by 25's
EN-2	<ul style="list-style-type: none"> • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 fly/25 back • extra 60 seconds rest • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 back/25 breast • extra 60 seconds rest • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 breast/25 free
EN-1 TO EN-2	<ul style="list-style-type: none"> 8 x 25 swim @ 40 or r=10 • 100 IM order
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 23, 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 TO EN-2	12 x 50 swim @ 1:00 or r=15 <u>6 x thru:</u> <ul style="list-style-type: none">• 25 easy/25 build• 25 build/25 easy
EN-1 TO EN-2	<u>2 x thru (descend pace as swims get shorter):</u> <ul style="list-style-type: none">• 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">◦ 2 x 100 swim @ 1:45 or r=15▪ 4 x 50 swim @ 55 or r=10• 8 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none">◦ extra 60 seconds rest
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 24, 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 (25 drill/25 swim) • 200 (50 kick/50 swim)
EN-1	<p>4 x 50 pull @ 55 or r=10</p> <ul style="list-style-type: none"> • breathe every 5th stroke
EN-1 TO EN-2	<p>4 x 200 swim @ 4:00 or r=30</p> <ul style="list-style-type: none"> • #1: 200 free • #2: 50 free/50 "stroke"/50 free/50 "stroke" • #3: 200 free • #4: 50 "stroke"/50 free/50 "stroke"/50 free
EN-1 TO EN-3	<p>8 x 50 "stroke" @ 1:05 or r=15</p> <p><i>Choose one "stroke" for each set of 4 x 50</i></p> <ul style="list-style-type: none"> • descend times 1-4, 5-8
EN-1 TO EN-3	<p>16 x 25 "stroke" @ 40 or r=10</p> <p><i>Choose one "stroke" for each set of 4 x 25</i></p> <ul style="list-style-type: none"> • descend times 1-4, 5-8, 9-12, 13-16
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 25, 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 @ 2:00 or r=30 <ul style="list-style-type: none">• #1/#5: 4th 25 = fast!<ul style="list-style-type: none">◦ #2/#6: 3rd 25 = fast!<ul style="list-style-type: none">▪ #3/#7: 2nd 25 = fast!<ul style="list-style-type: none">• #4/#8: 1st 25 = fast!
REC	8 x 25 swim or pull @ r=10
EN-1/EN-3	4 x 100 swim @ 2:10 or r=40 <ul style="list-style-type: none">• #1: 2nd 50 = fast!<ul style="list-style-type: none">◦ #2: 2nd and 3rd 25's = fast!<ul style="list-style-type: none">▪ #3: 1st 50 = fast!<ul style="list-style-type: none">• #4: 1st and 4th 25's = fast!
REC	12 x 25 swim or pull @ r=5

Total = 2500