

DAY/DATE: MONDAY/DECEMBER 19, 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	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• 1-4: breathe every 3<sup>rd</sup> stroke</li><li>• 5-8: breathe every 5<sup>th</sup> stroke</li><li>• 9-12: breathe every 7<sup>th</sup> stroke</li></ul>
EN-1 TO EN-3	<u>Davis Mile: Broken 1650</u> <i>Subtract 2½ minutes to get 1650 time</i> <ul style="list-style-type: none"><li>• 11 lengths (275) @ r=20</li><li>• 10 lengths (250) @ r=20</li><li>• 9 lengths (225) @ r=20<ul style="list-style-type: none"><li>◦ 8 lengths (200) @ r=15</li><li>◦ 7 lengths (175) @ r=15</li><li>◦ 6 lengths (150) @ r=15</li><li>◦ 5 lengths (125) @ r=15<ul style="list-style-type: none"><li>▪ 4 lengths (100) @ r=10</li><li>▪ 3 lengths (75) @ r=10</li><li>▪ 2 lengths (50) @ r=10<ul style="list-style-type: none"><li>• 1 length (25)</li></ul></li></ul></li></ul></li></ul>
REC	150 choice

Total = 3000

DAY/DATE: TUESDAY/DECEMBER 20, 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"> <li>• 300 swim</li> <li>• 200 IM kick</li> <li>• 100 IM drill</li> <li>• 8 x 25 swim @ r=10               <ul style="list-style-type: none"> <li>◦ build</li> </ul> </li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 IM @ 5:30 or r=45</li> <li>• 4 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> </ul> </li> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 back/25 breast</li> </ul> </li> <li>• 1 x 100 IM @ 2:15 or r=30</li> <li>• 4 x 50 swim @ 1:10 or r=15               <ul style="list-style-type: none"> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
EN-1	12 x 25 swim or drill @ 40 or r=10 <ul style="list-style-type: none"> <li>• 100 IM order</li> </ul>
EN-1	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/DEC. 21, 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></ul>
EN-1	12 x 50 @ 1:00 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 10-beat free/25 free</li><li>• 50 corkscrew (4 strokes free, 5 strokes back)</li><li>• 25 10-beat back/25 back</li></ul>
EN-1 TO EN-2	<u>2 x thru:</u> <i>200 is faster than 200 split in 300, 100 is faster than 100 split in 200, 50 is faster than 50 split in 100 (i.e., pace gets faster as repeat gets shorter)</i> <ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:00 or r=30</li><li>• 1 x 200 swim @ 3:20 or r=20</li><li>• 1 x 100 swim @ 1:40 or r=10</li><li>• 1 x 50 swim @ 1:15 or r=30</li></ul>
EN-1/EN-3	12 x 25 @ 30 or r=10 <u>6 x thru:</u> <ul style="list-style-type: none"><li>• 12.5 easy/12.5 fast</li><li>• 12.5 fast/12.5 easy</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/DECEMBER 22, 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>6 x (50 swim, 25 drill, 25 kick)</b>
EN-1	<b>12 x 25 "stroke" @ 45 or r=15</b> <b>6 x thru:</b> <ul style="list-style-type: none"><li>• ½ length scull/½ length swim</li><li>• ½ length swim/½ length scull</li></ul>
EN-1	<b>12 x 50 (25 drill/25 swim) @ 1:10 or r=15</b> <b>4 x thru:</b> <ul style="list-style-type: none"><li>• 2 x 50 "stroke"</li><li>• 1 x 50 free</li></ul>
EN-1 TO EN-2	<b>24 x 25 swim @ 40 or r=10-15</b> <b>8 x thru:</b> <ul style="list-style-type: none"><li>• 2 x 25 "stroke"</li><li>• 1 x 25 free</li></ul>
EN-1 TO REC	<b>400 pull: breathe every 3<sup>rd</sup> stroke</b>

Total = 2500

DAY/DATE: FRIDAY/DECEMBER 23, 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 TO EN-1	<ul style="list-style-type: none"><li>• 400 swim</li><li>• 4 x 50 @ r=10<ul style="list-style-type: none"><li>◦ 25 DPS/25 build</li></ul></li></ul>
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ moderate effort, breathe 3/5 by 25's</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ negative split each 50</li></ul></li><li>• 4 x 25 swim @ 45 or r=20<ul style="list-style-type: none"><li>◦ hard effort</li></ul></li><li>• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none"><li>◦ hard effort</li></ul></li><li>• 1 x 100 swim @ 3:00<ul style="list-style-type: none"><li>◦ easy effort</li></ul></li></ul>
REC	100 swim

Total = 2500