

DAY/DATE: MONDAY/DECEMBER 26, 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 | 200 choice |
|-----------------|---|
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 1 x 500 pull @ 8:20 or r=50<ul style="list-style-type: none">◦ 1 x 250 swim @ 4:10 or r=25<ul style="list-style-type: none">▪ 5 x 50 swim @ 1:00 or r=15• 1 x 400 pull @ 6:40 or r=40<ul style="list-style-type: none">◦ 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">▪ 4 x 50 swim @ 1:00 or r=15• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ 1 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">▪ 3 x 50 swim @ 1:00 or r=15• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">▪ 2 x 50 swim @ 1:00 or r=15 |
| REC | 100 choice |

Total = 3100

DAY/DATE: TUESDAY/DECEMBER 27, 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 |

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| REC | <ul style="list-style-type: none">• 200 swim• 100 kick• 100 pull |
| EN-1 | 16 x 25 swim @ 40 or r=15 <u>4 x thru (IM order):</u> <ul style="list-style-type: none">• 2 x 25 kick• 1 x 25 drill• 1 x 25 swim |
| EN-1 TO EN-2 | <u>4 x thru (1 round each stroke):</u> <ul style="list-style-type: none">• 1 x 25 swim @ 45 or r=15<ul style="list-style-type: none">◦ 1 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">▪ 1 x 75 @ 1:45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim/25 drill• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ 50 stroke/50 free▪ 1 x 75 @ 1:45 or r=15<ul style="list-style-type: none">• 25 swim/25 drill/25 swim◦ 1 x 50 kick @ 1:30 or r=15• 1 x 25 swim @ 45 or r=15 |
| REC | 100 swim |

Total = 2500

DAY/DATE: WEDNESDAY/DECEMBER 28, 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 |

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| REC | <ul style="list-style-type: none">• 200 free• 200 swim (mix of strokes)• 200 IM kick |
| EN-1 TO EN-2 | 6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• descend 1-3, 4-6 |
| EN-1/EN-3 | 3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: push 2nd 100• #2: push middle 100• #3: push 1st 100 |
| EN-1 | 12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5/7 by 50's |
| EN-1/EN-3 | 3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: push even 50's• #2: push odd 50's• #3: push entire 200! |
| REC | 12 x 25 (25 scull/25 glide/25 pull) @ r=5 |

Total = 3000

DAY/DATE: THURSDAY/DECEMBER 29, 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 |

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|--------------|---|
| REC | 4 x (25 swim/25 drill/25 kick) |
| EN-1 | <ul style="list-style-type: none"> • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 kick/25 swim • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 scull with free kick/25 swim |
| EN-1 TO EN-2 | <p>3 x thru:</p> <ul style="list-style-type: none"> • 1 x 50 drill @ 1:15 or r=20 <ul style="list-style-type: none"> ◦ "stroke" • 1 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 "stroke"/25 free • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 1 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free • 1 x 50 swim @ 1:15 or r=20 <ul style="list-style-type: none"> ◦ "stroke" |
| REC | 100 swim |

Total = 2500

DAY/DATE: FRIDAY/DECEMBER 30, 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 |

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|--------------|---|
| REC | <ul style="list-style-type: none">• 200 swim• 200: 25 kick/25 swim• 4 x 50 @ r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 8 x 25 swim @ r=10<ul style="list-style-type: none">◦ 25 DPS/25 build |
| EN-1 | 300 pull, breathe 3/5/3 by 100's |
| EN-1 TO EN-3 | <u>2 x thru:</u> <ul style="list-style-type: none">• 1 x 150 free @ 3:00 or r=30<ul style="list-style-type: none">◦ medium effort• 2 x 75 "stroke" @ 1:45 or r=30<ul style="list-style-type: none">◦ hard effort• 3 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">◦ medium effort• 6 x 25 "stroke" @ 45 or r=20<ul style="list-style-type: none">◦ hard effort• extra 60 seconds rest |
| REC | 200: 25 scull w/ flutter kick/25 swim |

Total = 2500