

DAY/DATE: MONDAY/FEB. 27, 2012

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 swim 200 kick 200 pull
EN-2	8 x 25 kick @ r=10 • build each 25 to fast feet
EN-1 TO EN-3	4 x through: • 400 swim @ 6:30 or r=30 • descend times 1-4 • 4 x 25 swim @ 30 or r=10 • fast tempo • extra 30 seconds rest
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/FEB. 28, 2012

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	400 swim
EN-2	4 x 100 pull @ 1:45 or r=15 • breathe 3/5 by 25's
EN-2	4 x 75 kick @ 2:00 or r=20 • build speed within each 75
EN-1	4 x 50 stroke drill @ 1:10 or r=15
EN-2 TO EN-3	4 x 150 stroke @ 3:20 or r=30 • descend times 1-4
EN-2	4 x 25 swim @ 50 or r=20 • 3, 2, 1, 0 breaths!
EN-1 TO EN-3	400 swim: fast in and out of turns, easy between
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/FEB. 29, 2012

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	300 swim 4 x 50 [25 scull with free kick/25 swim] @ r=10
EN-2	2 x through: <ul style="list-style-type: none">• 100 pull @ 1:45 or r=15• 200 swim @ 3:30 or r=30• 100 pull @ 1:45 or r=15• 300 swim @ 5:15 or r=45• 100 pull @ 1:45 or r=15• 400 swim @ 7:00 or r=60
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/MARCH 1, 2012

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	300 choice
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-2	12 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim
EN-2	4 x through: <ul style="list-style-type: none">• 25 back• 25 fly• 25 back• 25 breast• 75 free
EN-2	4 x through: <ul style="list-style-type: none">• 1 x 50 swim @ 1:10 or r=15• 1st round: fly• 2nd round: back• 3rd round: breast• 4th round: free• 1 x 100 IM @ 2:20 or r=30
REC	12 x 25 @ r=5 <ul style="list-style-type: none">• 1 x 25 scull with kick/2 x 25 swim

TOTAL: 2500 METERS

Workouts: Off the beaten path
SJ Black, PhD
Columbia-Willamette Swimming

DAY/DATE: FRIDAY/MARCH 2, 2012

FOCUS: SPRINT FREE/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	200 swim stretch for 2 minutes 200 swim [mix of strokes] stretch for 2 minutes 200 kick [mix of strokes] stretch for 2 minutes
EN-1 TO EN-2	8 x 50 @ 1:05 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim 12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• build
VARIED	4 x 25 swim @ 1:00 <ul style="list-style-type: none">• fast pace 4 x 50 [25 drill/25 swim] @ 1:10 or r=20 <ul style="list-style-type: none">• moderate pace 300 swim or pull <ul style="list-style-type: none">• easy pace 4 x 50 swim @ 1:30 <ul style="list-style-type: none">• fast pace 4 x 25 drill @ 45 or r=15 <ul style="list-style-type: none">• moderate pace 300 swim or pull <ul style="list-style-type: none">• easy pace

TOTAL: 2500 METERS

Workouts: Off the beaten path
SJ Black, PhD
Columbia-Willamette Swimming