

DAY/DATE: MONDAY/FEB. 13, 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-1	6 x 50 @ 1:00 or r=10 • 25 10-beat freestyle/25 freestyle
EN-1 TO EN-2	<ul style="list-style-type: none">• 50 kick @ 1:30 or r=20• 200 swim @ 3:30 or r=30• 300 pull @ 5:00 or r=30• 50 kick @ 1:30 or r=20• 200 swim @ 3:30 or r=30• 400 pull @ 6:30 or r=30• 50 kick @ 1:30 or r=20• 200 swim @ 3:30 or r=30• 500 pull @ 8:00 or r=30
EN-1	6 x 25 freestyle @ 40 or r=10 • 25 DPS/25 easy

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/FEB. 14, 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 choice
EN-1	2 x through: <ul style="list-style-type: none">• 2 x 50 [25 kick/25 swim] @ 1:10 or r=15• 4 x 25 [25 drill/25 swim] @ 40 or r=10
EN-2	12 x 50 stroke @ 1:10 or r=15 <ul style="list-style-type: none">• 80% effort• choose 1, 2, or 3 strokes
EN-1	200 easy swim @ 4:30 or r=60
EN-3	8 x 50 stroke @ 1:15 or r=20 <ul style="list-style-type: none">• 85% effort• choose 1 or 2 strokes
EN-1	200 easy swim @ 4:30 or r=60
EN-2	4 x 50 stroke @ 1:20 or r=25 <ul style="list-style-type: none">• 90% effort• choose 1 stroke
EN-1	200 easy swim
REC	8 x 25 [25 scull with free kick/25 swim] @ r=5

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/FEB. 15, 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 200 kick 100 swim
EN-2	2 x through: <ul style="list-style-type: none">• 2 x 50 free @ 60 or r=10• 4 x 25 drill @ 45 or r=15
EN-1 TO EN-3	2 x through: 3 x 250 swim @ 4:00 or r=15 <ul style="list-style-type: none">• push the pace on even 50's• e.g., 50 easy/50 fast/50 easy/50 fast/50 easy 1 x 150 swim or pull @ 3:00 or r=30 <ul style="list-style-type: none">• easy pace
REC	200 pull <ul style="list-style-type: none">• breathe 3/5/3/3 by 50's

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/FEB. 16, 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 TO EN-1	400 swim 200 kick 8 x 25 [25 scull with kick/25 swim] @ r=5
EN-2 TO EN-3	<ul style="list-style-type: none">• 16 x 25 swim @ 45 or r=15<ul style="list-style-type: none">• 100 IM order• extra 60 seconds rest• 8 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">• 200 IM order• extra 60 seconds rest• 4 x 100 IM @ 2:20 or r=30<ul style="list-style-type: none">• extra 60 seconds rest• 2 x 200 IM @ 4:30 or r=45
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/FEB. 17, 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	<ul style="list-style-type: none">• 200 swim• stretch for 2 minutes• 200 swim [mix of strokes]• stretch for 2 minutes• 200 kick• stretch for 2 minutes
EN-2	8 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim
EN-2 TO EN-3	3 x 150 freestyle @ 2:45 or r=30 <ul style="list-style-type: none">• push pace on last 50• push pace on middle 50• push pace on first 50 6 x 50 stroke @ 1:10 or r=15 <ul style="list-style-type: none">• descend times 1-3, 4-6 3 x 150 freestyle @ 2:45 or r=30 <ul style="list-style-type: none">• push pace on first 50• push pace on middle 50• push pace on last 50
EN-1/SP-1	12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 swim

TOTAL: 2500 METERS

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