

DAY/DATE: MONDAY/APRIL 2, 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	4 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	@ 20-40 seconds rest between swims: • 100 • 200 • 400 • 800 • 400 • 200 • 100
REC	100 choice

TOTAL: 3100 METERS

DAY/DATE: TUESDAY/APRIL 3, 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	400 swim 4 x 50 kick @ r=10 <ul style="list-style-type: none">• 1 each stroke
EN-2	<ul style="list-style-type: none">• 8 x 25 fly @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 4 x 100 @ 2:15 or r=30<ul style="list-style-type: none">• 25 fly/75 free• 8 x 25 back @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 4 x 100 @ 2:15 or r=30<ul style="list-style-type: none">• 25 fly/25 back/50 free• 8 x 25 breast @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 4 x 100 IM @ 2:15 or r=30
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/APRIL 4, 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	200 swim 200 kick 200 pull
EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">fast feet on odd 25's 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">DPS
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">2 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">breathe 3/5/3/5 by 25's4 x 50 swim @ 55 or r=10<ul style="list-style-type: none">negative split200 swim @ 3:30 or r=30<ul style="list-style-type: none">build speed
REC	8 x 25 @ r=5 <ul style="list-style-type: none">25 scull with kick/25 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/APRIL 5, 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	200 swim 200 kick 200 pull
EN-2	6 x 50 kick @ 1:30 or r=10 • 25 fly or breast/25 back or free
EN-2	2 x through [choose 1 stroke each round]: • 100 @ 2:15 or r=20 • 25 drill/25 swim • 75 @ 1:45 or r=20 • 25 scull w/ free kick/25 swim • 50 swim @ 1:30 or r=15 • build • 25 swim @ 45 or r=10 • long & strong
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-3	12 x 25 swim @ 30 or r=10 • with fins using fast feet
EN-2 TO REC	6 x 50 swim @ 1:00 or r=15 • ascend times 1-6

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/APRIL 6, 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 TO EN-1	200 swim 2 x 50 swim @ r=10 200 kick 2 x 50 kick @ r=10
EN-2	4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none">• 25 drill/25 DPS/25 build
EN-1 TO SP-1	<ul style="list-style-type: none">• 12 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• every 3rd 50 fast!• 100 easy• 8 x 50 swim @ 1:15 or r=30<ul style="list-style-type: none">• every 2nd 50 fast!• 100 easy• 4 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none">• all 50's fast!
REC	200 choice

TOTAL: 2500 METERS