

DAY/DATE: MONDAY/MARCH 5, 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	600 choice
EN-1 TO EN-2	400 pull @ 6:30 or r=30 4 x 25 swim @ 40 or r=15 - faster-than-normal tempo 2 x 200 pull @ 3:20 or r=20 4 x 25 swim @ 40 or r=15 - faster-than-normal tempo 4 x 100 pull @ 1:45 or r=15 4 x 25 swim @ 40 or r=15 - faster-than-normal tempo 8 x 50 pull @ 55 or r=10 4 x 25 swim @ 40 or r=15 - faster-than-normal tempo
EN-1/SP-1	8 x 25 swim @ 30 or r=10 25 easy/25 fast
REC	200 swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/MARCH 6, 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	200 swim, 200 kick, 200 pull
EN-1	8 x 25 [25 scull/25 pull] @ r=5
EN-2	3 x through: • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=15 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:20 or r=30
REC	100 choice
EN-2	3 x through: • 25 free @ 40 or r=10 • 25 breast/25 free @ 1:10 or r=15 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:20 or r=30
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/MARCH 7, 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	400 swim
EN-1	4 x through: • 25 kick @ 45 or r=10 • 50 swim @ 1:00 or r=10
EN-2	@ 20 seconds rest between swims: • 25 • 50 • 75 • 100 • 125 • 150 • 175 • 200 • 300 • 200 • 175 • 150 • 125 • 100 • 75 • 50 • 25
REC	200 choice

TOTAL: 3000 METERS

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

DAY/DATE: THURSDAY/MARCH 8, 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 choice
EN-2	4 x 200 swim @ 4:15 or r=40 • 50 stroke/50 free/50 stroke/50 free 4 x 150 swim @ 3:05 or r=20 • 50 free/50 stroke/50 free 4 x 100 swim @ 2:05 or r=20 • 50 stroke/50 free 4 x 50 swim @ 1:00 or r=10 • 25 stroke/25 free
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/MARCH 9, 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	400 swim
EN-1 TO SP-1	• 4 x 100 kick @ 2:40 or r=20 • descend times 1-4 • 8 x 25 kick @ 50 or r=20 • full speed • 4 x 100 pull @ 1:50 or r=20 • descend times 1-4 • 8 x 25 pull @ 45 or r=20 • full speed • 4 x 100 swim @ 1:50 or r=20 • descend times 1-4 • 8 x 25 swim @ 45 or r=20 • full speed
REC	300 choice

TOTAL: 2500 METERS