

DAY/DATE: MONDAY/AUGUST 20, 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	500 choice
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 600 pull @ 9:30 or r=30</li><li>• 4 x 150 swim @ 2:30 or r=15</li><li>• 400 pull 6:30 or r=30</li><li>• 4 x 100 swim @ 1:40 or r=10</li><li>• 200 pull @ 3:30 or r=30</li><li>• 4 x 50 swim @ 50 or r=5</li></ul>
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/AUGUST 21, 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	300 swim 200 kick 200 pull
EN-2	8 x 50 kick @ 1:30 or r=15 • negative split
EN-1	8 x 25 "short axis" stroke drills @ 45 or r=10 • 25 fly drill/25 breast drill
EN-2	8 x 50 "short axis" strokes @ 1:10 or r=20 • 25 drill/25 swim • alternate 50 fly, 50 breast
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-2	8 x 25 "short axis" strokes @ 40 or r=15 • 25 fly/25 breast
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/AUGUST 22, 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	<b>8 x 50 pull @ 55 or r=10</b> • breathe 3/5 by 25's
EN-1	<b>8 x 25 drill @ r=10</b> • 25 10-beat free/25 catch-up free
EN-1 TO EN-2	<b>2 x through:</b> • 250 swim @ 4:10 or r=25 • 200 swim @ 3:20 or r=20 • 150 swim @ 2:30 or r=15 • 100 swim @ 1:40 or r=10 • 50 swim @ 55 or r=10
EN-1 TO EN-3	<b>300 kick:</b> every 3 <sup>rd</sup> length fast!
REC	200 choice

**TOTAL: 3000 METERS**



DAY/DATE: THURSDAY/AUGUST 23, 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
EN-1	<b>12 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li><li>• IM order</li></ul>
EN-2	<b>8 x 100 swim @ 2:10 or r=20</b> <b>Alternate:</b> <ul style="list-style-type: none"><li>• 25 fly/75 back</li><li>• 25 breast/75 free</li></ul>
EN-2	<b>4 x 200 @ 4:10 or r=30</b> <ul style="list-style-type: none"><li>• 25 fly/50 back/25 breast/50 free/50 kick</li></ul>
REC	200 choice

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/AUGUST 24, 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	300 swim 200 kick
EN-2	8 x 25 swim @ r=10 • 25 DPS/25 build
SP-1 TO REC	<ul style="list-style-type: none"><li>• 4 x 100 swim @ 2:00 or r=20-30 • 25 fast/75 easy</li><li>• 400 easy: swim or pull @ r=60</li><li>• 6 x 50 swim @ 1:00 or r=10-15 • 25 easy/25 fast</li><li>• 300 easy: swim or pull @ r=60</li><li>• 8 x 25 swim @ 30 or r=10 • 12.5 easy/12.5 fast</li><li>• 200 easy: swim or pull</li></ul>

**TOTAL: 2500 METERS**