

DAY/DATE: MONDAY/JANUARY 28, 2013

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	<b>200 swim</b> <b>4 x 50 [25 kick/25 swim] @ r=10</b> <b>4 x 25 [25 scull/25 pull] @ r=5</b>
EN-1 TO EN-2	<b>"Davis Mile" Plus</b> <b>Broken 2500 (subtract 1 minute to get time):</b> <ul style="list-style-type: none"><li>• 30 lengths [750] @ r=15</li><li>• 25 lengths [625] @ r=15</li><li>• 20 lengths [500] @ r=15</li><li>• 15 lengths [375] @ r=15</li><li>• 10 lengths [250]</li></ul>
REC	<b>100 choice</b>

**TOTAL: 3100 METERS**

DAY/DATE: TUESDAY/JANUARY 29, 2013

FOCUS: IM/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	<b>200 swim</b> <b>200 [25 10-beat free/25 free]</b> <b>200 pull</b>
EN-1	<b>8 x 25 @ 40 or r=15</b> <ul style="list-style-type: none"><li>• 25 4-beat fly/25 fly</li></ul>
EN-2	<b>2 x 300 swim @ 5:15 or r=30</b> <ul style="list-style-type: none"><li>• 100 free/100 stroke/100 free</li></ul>
EN-1	<b>8 x 25 @ 40 or r=15</b> <ul style="list-style-type: none"><li>• 25 10-beat back/25 back</li></ul>
EN-2	<b>4 x 150 swim @ 2:50 or r=20</b> <ul style="list-style-type: none"><li>• 50 free/50 stroke/50 free</li></ul>
EN-1	<b>8 x 25 @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 3-up, 3-down breast/25 breast</li></ul>
REC	<b>100 swim</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/JANUARY 30, 2013

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	<b>200 choice</b>
EN-1	<b>2 x through:</b> <ul style="list-style-type: none"><li>• <b>100 pull @ 1:45 or r=15</b></li><li>• <b>2 x 50 @ 1:10 or r=15</b><ul style="list-style-type: none"><li>○ 25 kick/25 drill</li></ul></li></ul>
EN-1 TO EN-3	<b>2 x through:</b> <ul style="list-style-type: none"><li>• <b>4 x 50 swim @ 55 or r=10</b><ul style="list-style-type: none"><li>○ @ 500 pace</li></ul></li><li>• <b>200 swim @ 4:00 or r=45</b><ul style="list-style-type: none"><li>○ easy</li></ul></li><li>• <b>2 x 100 swim @ 1:45 or r=15</b><ul style="list-style-type: none"><li>○ @ 500 pace + 5 seconds</li></ul></li><li>• <b>200 swim @ 4:00 or r=45</b><ul style="list-style-type: none"><li>○ easy</li></ul></li><li>• <b>1 x 200 swim @ 3:20 or r=20</b><ul style="list-style-type: none"><li>○ @ 500 pace + 10 seconds</li></ul></li><li>• <b>200 swim @ 4:00 or r=45</b><ul style="list-style-type: none"><li>○ easy</li></ul></li></ul>

**TOTAL: 3000 METERS**



DAY/DATE: THURSDAY/JANUARY 29, 2013

FOCUS: STROKE CLINIC

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

## Topic: Streamlining!

### Some reminders:

- Feet hip-width apart
- Hands one-on-top-of-another or side-by-side (thumbs holding them together)
- Arms extended straight, squeezing just behind the ears
- Legs extended straight, zipped together as you leave the wall
- Feet pointed
- Eyes looking at bottom of pool
- Back flat, minimizing arch
- Kick begins just after your feet leave the wall

Practice getting into a tight, streamlined position **before** you push off **every** wall:

500 swim

20 x 25 @ r=10

5 x through:

- 25 top scull with flutter kick
- 25 middle scull with flutter kick
- 25 bottom scull with flutter kick
- 25 swim [1 each stroke]

10 x 50 @ 1:05 or r=10

- 25 drill/25 swim
- 2 each stroke, 2 choice

20 x 25 swim @ 40 or r=15

- 100 IM order

200 choice

DAY/DATE: FRIDAY/FEBRUARY 1, 2013

FOCUS: SPRINT-BASED

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	<b>200 swim</b> <b>200 kick</b> <b>100 [25 scull/25 pull]</b>
EN-1	<b>8 x 25 @ r=10</b> • 25 drill/25 build
EN-1 TO EN-3	<b>2 x through:</b> • 4 x 100 swim @ 1:50 or r=20 • 3 x 100 swim @ 1:40 or r=10 • 2 x 100 swim @ 1:30 or r=5 • extra 60-120 seconds rest
REC	<b>200 choice</b>

**TOTAL: 2700 METERS**