

DAY/DATE: MONDAY/FEBRUARY 11, 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	400 choice
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• hold steady, moderate pace• 1 x 400 swim @ 6:30 or r=30<ul style="list-style-type: none">• descend times 1-3
REC	8 x 25 [25 scull with kick/25 swim] @ r=10

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/FEBRUARY 12, 2013

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	<ul style="list-style-type: none">• 6 x 50 [25 swim/25 kick] @ r=10• 6 x 50 [25 drill/25 swim] @ r=10• 6 x 50 [25 scull/25 pull] @ r=10
EN-2	<ul style="list-style-type: none">• 25 fly @ 40 or r=10• 50 [25 fly/25 back] @ 1:10 or r=15• 75 [25 fly/25 back/25 breast] @ 1:40 or r=20• 100 IM @ 2:20 or r=40• 25 back @ 40 or r=10• 50 [25 back/25 breast] @ 1:10 or r=15• 75 [25 back/25 breast/25 free] @ 1:40 or r=20• 100 IM @ 2:20 or r=40• 25 breast @ 40 or r=10• 50 [25 breast/25 free] @ 1:10 or r=15• 75 [25 breast/25 free/25 fly] @ 1:40 or r=20• 100 IM @ 2:20 or r=40• 25 free @ 40 or r=10• 50 [25 free/25 fly] @ 1:10 or r=15• 75 [25 free/25 fly/25 back] @ 1:40 or r=20• 100 IM @ 2:20 or r=40
EN-1 TO REC	<ul style="list-style-type: none">• 4 x 75 pull or swim @ 1:30 or r=15• 4 x 50 pull or swim @ 1:00 or r=15• 4 x 25 pull or swim @ 40 or r=10

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/FEBRUARY 13, 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	200 swim, 200 kick, 200 pull
EN-1	16 x 50 @ 1:00 or r=10 4 x through: <ul style="list-style-type: none">• 25 r-arm free/25 free• 25 l-arm free/25 free• 25 10-beat free/25 free• 25 catch-up free/25 free
EN-2	Maintain stroke count and pace throughout set: <ul style="list-style-type: none">• 50 @ 50 or r=5<ul style="list-style-type: none">• 100 @ 1:40 or r=10<ul style="list-style-type: none">• 200 @ 3:20 or r=20• 300 @ 5:00 or r=30• 200 @ 3:20 or r=20• 100 @ 1:40 or r=10• 50 @ 50 or r=5
SP-1	16 x 25 "streamline breakouts" @ 30 or r=5-10 <ul style="list-style-type: none">• fast breakout• 3 strokes no breathing• swim easy to wall
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/FEBRUARY 14, 2013

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 pull
EN-1	8 x 25 kick @ 45 or r=10
EN-2	15 x 100 swim @ 2:00 or r=20-30 3 x through: <ul style="list-style-type: none">• 100 free• 75 free/25 stroke• 50 free/50 stroke• 25 free/75 stroke• 100 stroke• extra 30 seconds rest
EN-1/SP-1	8 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 choice

TOTAL: 2500 METERS

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

DAY/DATE: FRIDAY/FEBRUARY 15, 2013

FOCUS: SPRINT-BASED

REC	500 choice
EN-1	10 x 25 @ 45 or r=15 • 25 drill/25 build
REC TO SP-1	2 x 150 swim @ 3:00 or r=60 • 90% effort 200 swim @ 5:00 or r=60 • ½ speed (recovery pace) 4 x 75 swim @ 2:00 or r=60 • 90% effort 200 swim @ 5:00 or r=60 • ½ speed (recovery pace) 6 x 50 swim @ 1:40 or r=60 • 90% effort 200 swim @ 5:00 or r=60 • ½ speed (recovery pace)
REC	10 x 25 swim @ 45 or r=15 • ascend pace

TOTAL: 2500 METERS