

DAY/DATE: MONDAY/FEBRUARY 18, 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	300 swim 6 x 50 @ r=10 <ul style="list-style-type: none">• 25 scull with free kick/25 swim
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">• moderate pace• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• build each to 800 race pace• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• at 800 (or 1000) race pace• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">• at 400 (or 500) race pace• extra 30 seconds rest
EN-2 TO EN-3	12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• fast in and out of turns!• fast finish!
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/FEBRUARY 19, 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	200 swim 200 kick 200 pull
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-2	12 x 75 @ 2:00 or r=30 <ul style="list-style-type: none">• 75 fly kick• 50 back kick/25 breast swim• 25 back kick/50 breast swim• 25 back swim/25 breast swim/25 free swim
EN-2	16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/FEBRUARY 20, 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 TO EN-2	3 x 100 pull @ 1:45 or r=15 • faster-than-normal tempo 2 x 150 pull @ 2:30 or r=15 • negative split each 150 1 x 300 pull (with paddles) @ 5:00 or r=30 • 3 x [regular, DPS, DPS-1, DPS-2] 1 x 300 swim @ 5:00 or r=30 • 3 x [regular, DPS, DPS-1, DPS-2] 2 x 150 swim (with paddles) @ 2:30 or r=15 • negative split each 150 3 x 100 swim @ 1:45 or r=15 • faster-than-normal tempo
EN-1 TO EN-3	16 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/FEBRUARY 21, 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	500 choice
EN-1	6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 build
EN-2	3 x through [choose one stroke per round]: <ul style="list-style-type: none">• 1 x 100 @ 2:15 or r=30<ul style="list-style-type: none">• 25 drill/25 swim• 2 x 75 swim @ 1:45 or r=20<ul style="list-style-type: none">• 25 drill/50 swim• 3 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">• descend times 1-3• 4 x 25 swim @ 45 or r=15<ul style="list-style-type: none">• descend times 1-4
REC	8 x 25 swim @ r=10 <ul style="list-style-type: none">• ascend times 1-8

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/FEBRUARY 22, 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	200 swim, 200 kick, 200 pull
EN-2	12 x 25 swim @ 45 or r=15 • 25 DPS/25 build/25 fast breakout
EN-2 TO SP-1	4 x 50 swim @ 1:15 or r=30 • 200 pace 1 x 25 swim @ 1:00 or r=40 • sprint 3 x 50 swim @ 1:15 or r=30 • 200 pace 2 x 25 swim @ 1:00 or r=40 • sprint 2 x 50 swim @ 1:15 or r=30 • 200 pace 3 x 25 swim @ 1:00 or r=40 • sprint 1 x 50 swim @ 1:15 or r=30 • 200 pace 4 x 25 swim @ 1:00 or r=40 • sprint
EN-1	12 x 25 [25 scull/25 glide/25 pull] @ r=5 seconds
EN-2	6 x 50 kick @ 1:30 or r=15 • negative split
REC	150 easy

TOTAL: 2500 METERS