

DAY/DATE: MONDAY/APRIL 22, 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	500 choice
EN-1 TO EN-2	<p>4 x 100 pull @ 1:45 or r=15</p> <ul style="list-style-type: none">• descend times 1-4 <p>2 x 200 swim @ 3:15 or r=15</p> <ul style="list-style-type: none">• negative split <p>1 x 400 pull @ 6:30 or r=30</p> <ul style="list-style-type: none">• breathe 3/5/3/5 by 100s <p>1 x 400 swim @ 6:30 or r=30</p> <ul style="list-style-type: none">• breathe every 3rd stroke• negative split <p>2 x 200 pull @ 3:15 or r=15</p> <ul style="list-style-type: none">• negative split <p>4 x 100 swim @ 1:45 or r=15</p> <ul style="list-style-type: none">• descend times 1-4
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/APRIL 23, 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	400 swim
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 50's
EN-2	16 x 75 swim @ 1:40 or r=20 2 x through: <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free• 50 free/25 fly• 25 fly/50 back• 25 back/50 breast• 25 breast/50 free• 25 free/50 fly
EN-2	12 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/APRIL 24, 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	400 choice
EN-1	5 x 50 drill @ 1:00 or r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 swim @ 6:30 or r=30<ul style="list-style-type: none">• build• 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">• descend times 1-2• 3 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">• descend times 1-3• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">• descend times 1-4• 5 x 50 swim @ 55 or r=10<ul style="list-style-type: none">• descend times 1-5
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/APRIL 25, 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	400 choice
EN-1 TO EN-2	<p>1 x 400 pull @ 6:45 or r=45</p> <ul style="list-style-type: none">• breathe 3/5/3/5 by 50's <p>16 x 25 kick @ 45 or r=10</p> <ul style="list-style-type: none">• 2 x 25 stroke• 2 x 25 choice <p>2 x 200 swim @ 4:15 or r=30</p> <ul style="list-style-type: none">• 50 stroke/50 free/50 stroke/50 free <p>8 x 50 kick @ 1:30 or r=15</p> <ul style="list-style-type: none">• 2 x 50 stroke• 2 x 50 choice <p>4 x 100 swim @ 2:00 or r=20</p> <ul style="list-style-type: none">• 50 stroke/50 free
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/APRIL 26, 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	6 x [25 swim/25 kick/50 drill]
EN-1	4 x [25 scull/25 pull] @ r=5
EN-1	12 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 build
SP-1/EN-1	10 x 50 swim @ 1:10 or r=20-30 <ul style="list-style-type: none">• odd 50's: best 200 pace + 1 second• even 50's: easy
REC	4 x [25 scull with free kick/25 swim] @ r=5
SP-1/EN-1	10 x 25 swim @ 50 or r=20-30 <ul style="list-style-type: none">• odd 25's: best 100 pace + 1 second• even 25's: easy
EN-1	2 x [25 scull/25 glide/25 pull]
REC	300 swim: ascend pace by 100's

TOTAL: 2500 METERS