

DAY/DATE: MONDAY/APRIL 15, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 2 x 100 [25 drill/25 swim] @ r=15</li><li>• 4 x 50 pull @ r=10</li><li>• 8 x 25 [25 scull/25 pull] @ r=5</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:00 or r=30</li><li>• 2 x 150 swim @ 2:30 or r=20</li><li>• 4 x 75 swim @ 1:30 or r=15</li><li>• 6 x 50 swim @ 55 or r=10</li><li>• 4 x 75 swim @ 1:30 or r=15</li><li>• 2 x 150 swim @ 2:30 or r=20</li><li>• 1 x 300 swim @ 5:00 or r=30</li></ul>
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/APRIL 16, 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	<b>400 swim 200 kick IM</b>
EN-1	<ul style="list-style-type: none"><li>• 8 x 25 [25 drill/25 swim] @ r=10</li><li>• 1 x 200 pull: breathe 3/5 by 25's</li></ul>
EN-2	<ul style="list-style-type: none"><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 fly/25 back</li></ul></li><li>• extra 30 seconds rest</li><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 back/25 breast</li></ul></li><li>• extra 30 seconds rest</li><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 breast/25 free</li></ul></li></ul>
EN-2	<b>8 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>• 100 IM order</li></ul>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/APRIL 17, 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 swim</b> <b>200 kick</b> <b>200 pull</b>
EN-1	<b>12 x 50 swim @ 1:00 or r=15</b> <ul style="list-style-type: none"><li>• 25 easy/25 build</li><li>• 25 build/25 easy</li></ul>
EN-1 TO EN-3	<b>2 x through [descend pace as swims get shorter]:</b> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 3:30 or r=30</li><li>• 2 x 100 swim @ 1:50 or r=20</li><li>• 4 x 50 swim @ 1:00 or r=15</li><li>• 8 x 25 swim @ 30 or r=5-10</li><li>• extra 60 seconds rest</li></ul>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**



DAY/DATE: THURSDAY/APRIL 18, 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	<b>200 swim</b> <b>200 [25 drill/25 swim]</b> <b>200 [50 kick/50 swim]</b>
EN-1	<b>4 x 50 pull @ 55 or r=10</b> • breathe every 5 <sup>th</sup> stroke
EN-2	<b>4 x 200 swim @ 4:00 or r=30</b> • 200 free • 50 free/50 stroke/50 free/50 stroke • 200 free • 50 stroke/50 free/50 stroke/50 free
EN-2	<b>8 x 50 stroke @ 1:10 or r=20</b> • descend times 1-4, 5-8
EN-1 TO EN-3	<b>16 x 25 swim @ 40 or r=10</b> • descend times 1-4, 5-8, 9-12, 13-16
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/APRIL 19, 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>600 choice</b>
EN-1	<b>8 x 25 build @ r=10</b>
EN-1 TO EN-3	<b>8 x 100 swim @ 2:00 or r=30</b> <ul style="list-style-type: none"><li>• #1/#5: push 4<sup>th</sup> 25</li><li>• #2/#6: push 3<sup>rd</sup> 25</li><li>• #3/#7: push 2<sup>nd</sup> 25</li><li>• #4/#8: push 1<sup>st</sup> 25</li></ul>
REC	<b>8 x 25 swim or pull @ r=10</b>
EN-1 TO EN-3	<b>4 x 100 swim @ 2:10 or r=40</b> <ul style="list-style-type: none"><li>• #1: push 2<sup>nd</sup> 50</li><li>• #2: push 2<sup>nd</sup> and 3<sup>rd</sup> 25's</li><li>• #3: push 1<sup>st</sup> 50</li><li>• #4: push 1<sup>st</sup> and 4<sup>th</sup> 25's</li></ul>
REC	<b>12 x 25 swim or pull @ r=10</b>

**TOTAL: 2500 METERS**