

DAY/DATE: MONDAY/JUNE 3, 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	200 swim/200 kick/200 pull/100 drill
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">breathe 5/3 on odd 50'sbreathe 3/5 on even 50's
EN-1	20 seconds rest between swims; keep heart rate at 120-150 BPM: 25 50 100 200 400 200 100 50 25
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">descend times 1-4, 5-8
EN-1 TO EN-2	8 x 50 @ 1:00 or r=15 <ul style="list-style-type: none">negative split
REC	150 easy swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/JUNE 4, 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	300 swim
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• reverse IM order
EN-1 TO EN-2	<ul style="list-style-type: none">• 400 pull @ 7:00 or r=60<ul style="list-style-type: none">• breathe 3/5/3/5 by 100's• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">• 25 fly/25 back• 300 pull @ 5:15 or r=45<ul style="list-style-type: none">• breathe 3/5/3 by 100's• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">• 25 back/25 breast• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">• 25 breast/25 free• 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none">• IM order
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JUNE 5, 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	600 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 8 x 50 pull @ 55 or r=10<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">• faster-than-normal tempo• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• breathe 3/5/3/5 by 25's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">• faster-than-normal tempo• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">• faster-than-normal tempo• 1 x 400 pull @ 6:40 or r=40<ul style="list-style-type: none">• breathe 3/5/3/5 by 100's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">• faster-than-normal tempo
EN-1/SP-1	8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/JUNE 6, 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	4 x [25 swim/25 drill/25 kick]
EN-1	4 x 50 @ 1:10 or r=15 • 25 kick/25 swim 4 x 50 @ 1:10 or r=15 • 25 drill/25 swim 4 x 50 @ 1:10 or r=15 • 25 scull with free kick/25 swim
EN-1 TO EN-2	3 x through: • 1 x 50 drill @ 1:15 or r=20 • stroke • 1 x 100 swim @ 2:15 or r=30 • 25 stroke/25 free • 1 x 200 pull @ 3:30 or r=30 • breathe 3/5/3/5 by 50's • 1 x 100 swim @ 2:15 or r=30 • 50 stroke/50 free • 1 x 50 swim @ 1:15 or r=20 • stroke
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/JUNE 7, 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 4 x 50 [25 drill/25 swim] @ r=10 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-3	3 x through: <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none">• fast feet!• 3 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-3• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">• build each 75 to race pace
SP-1	4 x BTF's: <ul style="list-style-type: none">• B=breakout with 3 strokes fast<ul style="list-style-type: none">• ~20 seconds rest• T=fast turn<ul style="list-style-type: none">• ~20 seconds rest• F=fast finish<ul style="list-style-type: none">• ~40 seconds rest
REC	8 x 25 [25 scull with free kick/25 swim] @ r=5

TOTAL: 2500 METERS