

DAY/DATE: MONDAY/JULY 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	400 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 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 50 kick @ 1:30 or r=20<ul style="list-style-type: none">• 25 easy/25 fast• 1 x 400 swim @ 7:00 or r=60<ul style="list-style-type: none">• negative split• 8 x 50 pull @ 55 or r=10<ul style="list-style-type: none">• descend times 1-4, 5-8• 1 x 200 kick @ 5:00 or r=30<ul style="list-style-type: none">• negative split• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">• descend times 1-4• 16 x 25 swim @ 35 or r=10<ul style="list-style-type: none">• descend times 1-4, etc.
REC	200 [25 scull/25 swim]

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/JULY 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	2 x [125 swim, 125 drill or kick]
EN-1	12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none">• 4 x 50 25 fly/25 back• 4 x 50 25 back/25 breast• 4 x 50 25 breast/25 free
EN-2	6 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
EN-1	450 pull: breathe 3/5/3 by 50's
EN-2	6 x 50 swim @ 1:05 or r=15 2 x through: <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JULY 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	400 swim
EN-1	8 x 25 kick @ 45 or r=10
EN-1	6 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-3	3 x through: <ul style="list-style-type: none">• 2 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• moderate effort• 4 x 50 @ 1:00 or r=10<ul style="list-style-type: none">• 25 10-beat free/25 free• 1 x 200 free @ 3:30 or r=30<ul style="list-style-type: none">• descend times 1-3
EN-1/SP-1	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/JULY 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	400 swim
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-1	8 x 50 @ r=15 <ul style="list-style-type: none">• 25 stroke drill/25 stroke• 25 free drill/25 free
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 300 swim @ 5:00 or r=30<ul style="list-style-type: none">• all free• 200 swim @ 3:45 or r=30<ul style="list-style-type: none">• 50 stroke/50 free/50 stroke/50 free• 100 swim @ 2:00 or r=20<ul style="list-style-type: none">• 50 free/50 stroke• 50 swim @ 1:15 or r=30<ul style="list-style-type: none">• all stroke
REC	200: 25 kick/25 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/JULY 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	500 choice
EN-1	10 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 drill/25 build
REC TO SP-1	2 x 150 swim @ 3:00 or r=60 <ul style="list-style-type: none">• 90% effort 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none">• ½ speed (recovery pace) 4 x 75 swim @ 1:45 or r=45 <ul style="list-style-type: none">• 90% effort 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none">• ½ speed (recovery pace) 6 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none">• 90% effort 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none">• ½ speed (recovery pace)
REC	10 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• ascend pace 1-10

TOTAL: 2500 METERS