

DAY/DATE: MONDAY/JULY 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	400 choice
EN-1	10 x 50 pull @ 55 or r=10 • breathe 3/5/3/7/3 by 50's
EN-1 TO EN-3	2 x 500 swim @ 8:30 or r=60 • 25 easy/25 fast/50 easy/50 fast/75 easy/75 fast/100 easy/100 fast
EN-1 TO EN-3	4 x 250 swim @ 4:10 or r=30 • 50 easy/50 fast/50 easy/50 fast/25 easy/25 fast
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/JULY 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	600 choice
EN-1	8 x 50 kick @ 1:30 or r=20 • 2 of each stroke
EN-1	16 x 25 @ 45 or r=15 • 25 drill/25 swim • reverse IM order
EN-2	• 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=20 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:10 or r=30 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 25 fly/25 back @ 1:10 or r=20 • 25 fly @ 40 or r=10 • 100 easy @ 3:00 • 25 free @ 30 or r=10 • 25 breast/25 free @ 1:10 or r=20 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:10 or r=30 • 25 back/25 breast/25 free @ 1:40 or r=20 • 25 breast/25 free @ 1:10 or r=20 • 25 free @ 30 or r=10
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JULY 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	200 swim 4 x 50 kick or drill @ r=10
EN-1	8 x 75 pull @ 1:20 or r=10 • breathe 3/5/3 by 25's
EN-1 TO EN-2	8 x 50 @ 1:20 or r=20 • first 1/3 of each 25 is underwater dolphin kick
EN-1 TO EN-3	10 x 125 swim @ 2:30 or r=30 2 x through: • push last 25 • push last 50 • push last 75 • push last 50 • push last 25
EN-1/SP-1	8 x 25 swim @ 45 or r=20 • 25 easy/25 fast
REC	150 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/JULY 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	500 choice
EN-2	10 x 25 kick @ r=15 • fly, back, or breast
EN-1	500 pull • breathe 3/5/7/5/3 by 100's
EN-2	10 x 25 drill @ r=10 • fly, back, or breast
EN-1	250 swim • moderate, no breathing in/out of turns
EN-2	10 x 25 swim @ r=15 • fly, back, or breast
REC	500 pull • breathe 3/5/3/5/3 by 100's

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/JULY 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	200 swim 2 x 50 [25 drill/25 swim] @ r=10 200 kick 2 x 50 [25 kick/25 swim] @ r=10 200 pull 2 x 50 [25 drill or kick/25 swim] @ r=10
EN-1	4 x 75 [25 kick/25 drill/25 build] @ r=15
REC TO SP-1	• 8 x 50 free @ 55 or r=10 ○ fastest possible average • 100 swim or pull easy @ 3:00 • 6 x 50 stroke @ 1:10 or r=20 ○ fastest possible average • 100 swim or pull easy @ 3:00 • 4 x 50 free @ 1:00 or r=15 ○ fastest possible average • 100 swim or pull easy @ 3:00 • 2 x 50 stroke @ 1:15 or r=25 ○ fastest possible average
REC	100 choice

TOTAL: 2500 METERS