

DAY/DATE: MONDAY/JULY 29, 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
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 500 pull @ 8:00 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5/3 by 100's• 2 x 250 swim @ 4:15 or r=30<ul style="list-style-type: none">• negative split• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5 by 100's• 2 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">• negative split• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">• breathe 3/5/7 by 50's• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">• negative split• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">• breathe 3/5 by 50's• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• negative split
REC	4 x 25 glide stroke @ r=5

TOTAL: 3100 METERS

DAY/DATE: TUESDAY/JULY 30, 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	500 choice
EN-1	16 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill• 4 each stroke, IM order
EN-2	1 x 200 IM @ 4:00 or r=40 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• 25 fly/25 back 1 x 200 IM @ 4:00 or r=40 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• 25 back/25 breast 1 x 200 IM @ 4:00 or r=40 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• 25 breast/25 free
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JULY 31, 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	300 swim 200 kick 200 drill
EN-1	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 50's
EN-1 TO EN-3	4 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none">• 100 easy• 100 moderate• 100 fast
EN-1 TO EN-2	20 x 25 @ 45 or r=15 5 x through: <ul style="list-style-type: none">• 25 kick• 25 drill• 25 build• 25 DPS
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/AUGUST 1, 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-1	10 x 50 stroke @ 1:10 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-2	3 x through (one stroke per round): <ul style="list-style-type: none">• 2 x 75 @ 1:45 or r=20<ul style="list-style-type: none">• 25 kick/25 drill/25 swim• 2 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">• build
EN-1 TO EN-2	10 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">• 25 free/25 stroke
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/AUGUST 2, 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	3 x [125 swim/75 drill]
EN-1	4 x through: <ul style="list-style-type: none">• 1 x 50 @ 1:00 or r=15• 25 drill/25 swim• 4 x 25 build @ 40 or r=10
EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• odd 50's: DPS/stroke count• even 50's: build by 12.5's
EN-1 TO EN-3	4 x 3 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• #1 of each set: DPS• #2: @ 200 race pace, hold same # strokes• #3: @ max speed, hold same # strokes
EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• odd 50's: stroke count• even 50's: build by 12.5's
REC	200 swim

TOTAL: 2500 METERS