

DAY/DATE: MONDAY/AUGUST 26, 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	300 swim 100 kick 200 [25 drill/25 swim] 100 kick
EN-1	12 x 25 @ r=10 • 25 scull/25 pull
EN-1 TO EN-2	2 x through: • 300 pull @ 5:00 or r=30 • breathe 3/5/3 by 100's • 3 x 100 swim @ 1:45 or r=15 • descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 • 25 DPS/25 build
REC	200 swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/AUGUST 27, 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	200 swim 200 [25 kick/25 swim] 200 [25 drill/25 swim]
EN-1	6 x 50 kick @ 1:30 or r=15 • 2 fly, 2 back, 2 breast
EN-1	600 pull: every 4th length breast
EN-2	12 x 50 swim @ 1:05 or r=15 Alternate: • 25 fly/25 back • 25 breast/25 free
EN-1 TO EN-2	12 x 25 @ 40 or r=10 4 x through: • 25 fly drill/25 fly swim • 25 back drill/25 back swim • 25 breast drill/25 breast swim
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/AUGUST 28, 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 100 kick
EN-1	12 x 25 @ r=5 • 25 scull/25 glide/25 pull
EN-1 TO EN-3	3 x through: **Increase stroke tempo as distance gets shorter • 2 x 125 swim @ 2:20 or r=30 • moderate effort • 2 x 100 swim @ 1:50 or r=20 • moderate-strong effort • 2 x 75 swim @ 1:30 or r=20 • strong effort • 2 x 50 swim @ 1:00 or r=15 • strong effort • 2 x 25 swim @ 40 or r=10 • strong effort
REC	150 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/AUGUST 29, 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 200 [25 drill/25 swim]
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-2	4 x through (2 rounds stroke, 2 rounds free, any order: • 25 swim @ 40 or r=10 • 50 swim @ 1:05 or r=15 • 75 swim @ 1:30 or r=20 • 100 swim @ 2:10 or r=30
EN-1/EN-3	6 x 50 free @ 1:00 or r=15 • 25 DPS/25 fast
REC	200 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/AUGUST 30, 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	600 swim
EN-1	8 x 25 @ r=10 • 25 drill/25 swim
EN-1 TO EN-2	8 x 25 @ r=15 • 25 DPS/25 build
EN-3/EN-1	8 x through: • 25 fast @ 30 or r=10 • 50 easy @ 1:15 or r=30
EN-1	300 pull: breathe every 3rd stroke
REC/SP-1	12 x 25 swim @ 45 or r=20 • 25 easy/25 fast
REC	300 choice

TOTAL: 2500 METERS