

DAY/DATE: MONDAY/AUGUST 5, 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 100 choice
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-1 TO EN-2	2nd repeat faster than 1st repeat: <ul style="list-style-type: none">• 2 x 500 swim or pull @ 7:30 or r=30• 2 x 400 swim or pull @ 6:30 or r=30• 2 x 300 swim or pull @ 4:45 or r=15
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/AUGUST 6, 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	400 swim
EN-1	10 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">▪ 1 x 50 free▪ 2 x 50 breast▪ 3 x 50 back▪ 4 x 50 fly
EN-1	10 x 50 pull @ 1:10 or r=15 <ul style="list-style-type: none">▪ 25 breast/25 free
EN-1 TO EN-2	10 x 100 IM @ 2:20 or r=30 <ul style="list-style-type: none">▪ choose one stroke each time to drop▪ choose one stroke each time to double-up
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/AUGUST 7, 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 8 x 50 [25 kick/25 swim] @ r=10
EN-1 TO EN-2	Swim as one continuous set: 4 x 100 pull @ 1:45 or r=15 1 x 200 swim @ 3:30 or r=30 3 x 100 pull @ 1:40 or r=10 1 x 200 swim @ 3:30 or r=30 2 x 100 pull @ 1:35 or r=5 1 x 200 swim @ 3:30 or r=30 1 x 100 pull @ 1:30 or r=5
EN-1 TO SP-1	8 x 50 swim @ 1:05 or r=20 4 x thru: <ul style="list-style-type: none">• 25 easy/25 fast• 25 fast/25 easy
REC	8 x 25 scull/swim @ r=5

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/AUGUST 8, 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 choice
EN-1 TO EN-2	1 x 400 pull @ 6:45 or r=45 <ul style="list-style-type: none">• breathe 3/5/3/5 by 100's 16 x 25 kick @ 45 or r=15 <ul style="list-style-type: none">• 2 x 25 stroke• 2 x 25 free 2 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none">• 50 stroke/50 free/50 stroke/50 free 8 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none">• 2 x 50 stroke• 2 x 50 free 4 x 100 pull @ 2:00 or r=20 <ul style="list-style-type: none">• 50 stroke/50 free
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/AUGUST 9, 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 200 choice
EN-1	20 x 25 @ r=15 • 25 kick/25 drill
EN-1 TO SP-1	10 x 50 swim @ 1:30 or r=30 • 25 build/25 fast
REC	200 swim
EN-1 TO SP-1	10 x 25 swim @ 45 or r=20 • 25 build/25 fast
REC	200 swim
EN-1 TO SP-1	10 x 25 swim @ 45 or r=20 • 25 build/25 fast
REC	200 choice

TOTAL: 2500 METERS