

DAY/DATE: MONDAY/FEBRUARY 10, 2014

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 200 kick 200 pull
EN-1 TO EN-2	3 x 100 pull @ 1:40 or r=10 • moderately-fast tempo 2 x 150 pull @ 2:30 or r=15 • moderate effort 1 x 300 pull @ 5:00 or r=30 • DPS 1 x 300 swim @ 5:00 or r=30 • DPS 2 x 150 swim @ 2:30 or r=15 • moderate effort 3 x 100 swim @ 1:40 or r=10 • moderately-fast tempo
EN-1/EN-3	16 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/FEBRUARY 11, 2014

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 150 kick 200 pull 150 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	16 x 75 @ 2:00 or r=30 <ul style="list-style-type: none">• 75 kick: fly<ul style="list-style-type: none">• 25 kick back/25 swim breast/25 kick free• 25 swim back/25 kick breast/25 swim free• 75 swim: 25 back/25 breast/25 free• 75 kick: back<ul style="list-style-type: none">• 25 kick breast/25 swim free/25 kick fly• 25 swim breast/25 kick free/25 swim fly• 75 swim: 25 breast/25 free/25 fly• 75 kick: breast<ul style="list-style-type: none">• 25 kick free/25 swim fly/25 kick back• 25 swim free/25 kick fly/25 swim back• 75 swim: 25 free/25 fly/25 back• 75 kick: free<ul style="list-style-type: none">• 25 kick fly/25 swim back/25 kick breast• 25 swim fly/25 kick back/25 swim breast• 75 swim: 25 fly/25 back/25 breast
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/FEBRUARY 12, 2014

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 6 x 50 @ r=10 <ul style="list-style-type: none">• 25 scull with free kick/25 swim
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">• moderate pace• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• build each to 800 race pace• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• at 800 race pace• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">• at 400 race pace• extra 30 seconds rest
EN-3	12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• fast in and out of turns!• fast finish!
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/FEBRUARY 13, 2014

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	6 x 50 @ 1:05 or r=15 • 25 drill/25 build
EN-2	3 x through [choose one stroke per round]: • 1 x 100 swim @ 2:15 or r=30 • 2 x 75 kick @ 2:00 or r=20 • 3 x 50 kick @ 1:30 or r=15 • 4 x 25 swim @ 45 or r=15
EN-2 TO REC	8 x 25 swim @ r=10 • ascend times 1-8

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/FEBRUARY 14, 2014

FOCUS: SPEED

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 kick 200 pull
EN-1	12 x 25 [25 scull/25 glide/25 pull] @ r=5 seconds
EN-2 TO SP-1	Tempo gets faster each set: <ul style="list-style-type: none">• 2 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none">• moderate• 70% effort• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">• strong• 80% effort• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none">• strong• 90% effort
EN-1	200 kick
EN-2	12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• 25 DPS/25 build/25 fast breakout
REC	200 easy

TOTAL: 2500 METERS