

DAY/DATE: MONDAY/FEBRUARY 24, 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	<b>300 swim</b> <b>8 x 25 [drill/swim] @ r=10</b>
EN-1 TO EN-2	<b>600 swim (or pull) @ 10:00 or r=60</b> <ul style="list-style-type: none"><li>• moderate pace</li></ul> <b>400 swim @ 6:40 or r=40</b> <ul style="list-style-type: none"><li>• moderate pace</li></ul> <b>200 swim @ 3:20 or r=20</b> <ul style="list-style-type: none"><li>• moderate pace</li></ul> <b>200 swim @ 3:20 or r=20</b> <ul style="list-style-type: none"><li>• faster than previous 200</li></ul> <b>400 swim @ 6:40 or r=40</b> <ul style="list-style-type: none"><li>• faster than previous 400</li></ul> <b>600 swim (or pull) @ 10:00 or r=60</b> <ul style="list-style-type: none"><li>• faster than previous 600</li></ul>
REC	<b>100 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/FEBRUARY 25, 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	<b>200 swim</b> <b>200 kick</b> <b>200 pull</b>
EN-1	<b>8 x 50 @ 1:10 or r=15</b> <ul style="list-style-type: none"><li>• 25 kick/25 drill</li><li>• 2 each stroke</li></ul>
EN-2	<b>4 x through:</b> <ul style="list-style-type: none"><li>• <b>100 IM @ 2:20 or r=30</b></li><li>• <b>3 x 50 swim @ 1:00 or r=10</b><ul style="list-style-type: none"><li>• 25 fly/25 back</li><li>• 25 back/25 breast</li><li>• 25 breast/25 free</li></ul></li><li>• <b>1 x 100 easy freestyle @ 3:00 or r=60</b></li></ul>
REC	<b>100 swim</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/FEBRUARY 26, 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 choice, 8 x 25 (25 scull w/ kick/25 swim) @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>• breathe 3/5 by 50's</li></ul></li><li>• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>• descend times 1-3</li></ul></li><li>• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>• breathe 5/3 by 50's</li></ul></li><li>• 2 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>• descend times 1-2</li></ul></li><li>• 1 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li><li>• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>• descend times 1-2</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>• breathe 3/5 by 50's</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>• descend times 1-3, 4-6</li></ul></li><li>• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>• breathe 5/3 by 50's</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• 1 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li><li>• 4 x 25 swim @ 30 or r=5<ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li></ul>
REC	100 swim

TOTAL: 3000 METERS



~~DAY~~/DATE: THURSDAY/FEBRUARY 27, 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	<b>300 swim</b> <b>6 x 50 [25 kick/25 drill] @ r=10</b>
EN-1	<b>8 x 25 @ 45 or r=10</b> •25 stroke kick/25 stroke swim
EN-1	<b>8 x 50 @ 1:10 or r=15</b> •25 stroke drill/25 stroke swim
EN-2	<b>8 x 75 swim @ 1:40 or r=20</b> •50 stroke/25 easy free
EN-2	<b>8 x 50 swim @ 1:05 or r=15</b> •25 stroke/25 free
EN-2	<b>8 x 25 swim @ 40 or r=10</b> •all stroke
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/FEBRUARY 28, 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	<b>200 swim, 200 kick, 200 pull, 200 drill</b>
EN-1	<b>8 x 50 pull @ 55 or r=10</b> <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 25 swim [hard effort] @ 40 or r=15</li><li>• 50 swim [negative split] @ 60 or r=15</li><li>• 75 swim [push last 25] @ 1:30 or r=15</li><li>• 100 swim [negative split] @ 2:00 or r=20</li><li>• 150 swim [push last 50] @ 2:30 or r=15</li><li>• 200 swim [easy effort] @ 4:00 or r=30</li><li>• 150 swim [push last 50] @ 2:30 or r=15</li><li>• 100 swim [negative split] @ 2:00 or r=20</li><li>• 75 swim [push last 25] @ 1:30 or r=15</li><li>• 50 swim [negative split] @ 60 or r=15</li><li>• 25 swim [hard effort] @ 40 or r=15</li></ul>
EN-1/EN-2	<b>8 x 25 swim @ 40 or r=15</b> <ul style="list-style-type: none"><li>• 25 easy/25 moderate-hard</li></ul>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**