

DAY/DATE: MONDAY/MARCH 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, 200 swim
EN-1 TO EN-2	1 x 400 pull @ 6:30 or r=30 • breathe 3/3/5/3 by 100's
	4 x 25 swim @ 30 or r=10 • faster-than-normal tempo
	2 x 200 pull @ 3:20 or r=20 • breathe 3/3/5/3 by 50's
	4 x 25 swim @ 30 or r=10 • faster-than-normal tempo
	4 x 100 pull @ 1:45 or r=15 • breathe 3/3/5/3 by 25's
	4 x 25 swim @ 30 or r=10 • faster-than-normal tempo
	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
	4 x 25 swim @ 30 or r=10 • faster-than-normal tempo
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/MARCH 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, 200 kick, 200 pull
EN-1	8 x 25 [25 scull/25 pull] @ r=5
EN-2	3 x through: <ul style="list-style-type: none">• 25 fly @ 40 or r=10• 25 fly/25 back @ 1:10 or r=15• 25 fly/25 back/25 breast @ 1:40 or r=20• 100 IM @ 2:20 or r=30
REC	100 choice
EN-2	3 x through: <ul style="list-style-type: none">• 25 free @ 30 or r=10• 25 breast/25 free @ 1:00 or r=10• 25 back/25 breast/25 free @ 1:30 or r=15• 100 IM @ 2:30 or r=40
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/MARCH 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
EN-1	4 x through: <ul style="list-style-type: none">• 25 kick @ 45 or r=10• 50 swim @ 1:00 or r=10
EN-1	@ 15 seconds rest between swims: <ul style="list-style-type: none">• 25• 50• 75• 100• 125• 150• 175• 200• 175• 150• 125• 100• 75• 50• 25
EN-1 TO EN-3	4 x through: <ul style="list-style-type: none">• 1 x 50 swim "DPS" @ 1:00 or r=15• 2 x 25 swim "fast" @ 30 or r=10
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/MARCH 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	200 swim 200 choice
EN-1 TO EN-2	4 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none">• #1: 200 free• #2: 150 free/50 stroke• #3: 100 free/50 stroke/50 free• #4: 50 stroke/150 free 4 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none">• #1: 150 free• #2: 100 free/50 stroke• #3: 50 free/100 stroke• #4: 150 stroke 4 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none">• #1: 100 free• #2: 50 free/50 stroke• #3: 100 stroke• #4: 50 stroke/50 free 4 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">• #1: 50 free• #2: 25 free/25 stroke• #3: 25 stroke/25 free• #4: 50 stroke
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/MARCH 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	400 swim
EN-1 TO SP-1	<ul style="list-style-type: none">• 4 x 100 kick @ 2:45 or r=30<ul style="list-style-type: none">• descend times 1-4• 8 x 25 kick @ 45 or r=15<ul style="list-style-type: none">• 90% effort• 4 x 100 pull @ 2:00 or r=30<ul style="list-style-type: none">• descend times 1-4• 8 x 25 pull @ 45 or r=20<ul style="list-style-type: none">• 90% effort• 4 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">• descend times 1-4• 8 x 25 swim @ 45 or r=20<ul style="list-style-type: none">• 95% effort
REC	300 choice

TOTAL: 2500 METERS