

DAY/DATE: MONDAY/JUNE 2, 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	400 choice
EN-1 TO EN-2	• 500 pull @ 8:00 or r=30 ◦ breathe 3/5/3/5/3 by 100's • 10 x 50 swim @ 1:00 or r=15 ◦ descend times 1-5, 6-10 • 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 8 x 50 swim @ 1:00 or r=15 ◦ descend times 1-4, 5-8 • 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's • 6 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3, 4-6
REC	200 choice

Total: 3000 meters

DAY/DATE: TUESDAY/JUNE 3, 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	• 400 swim • 4 x 50 kick @ r=10 ◦ 1 of each stroke
EN-1 TO EN-2	2 x through: • 4 x 25 fly @ 45 or r=15 ◦ 25 drill/25 swim • 2 x 100 IM @ 2:15 or r=30 • 4 x 25 back @ 45 or r=15 ◦ 25 drill/25 swim • 2 x 100 IM @ 2:15 or r=30 • 4 x 25 breast @ 45 or r=15 ◦ 25 drill/25 swim • 2 x 100 IM @ 2:15 or r=30
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/JUNE 4, 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	200 swim 12 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	2 x through (pace gets faster as distance gets shorter): • 300 swim @ 5:00 or r=30 • 2 x 150 swim @ 2:45 or r=20 • 4 x 75 swim @ 1:30 or r=20 • 6 x 50 swim @ 1:00 or r=15 • extra 30 seconds rest
REC	100 choice

Total = 3000 meters

DAY/DATE: THURSDAY/JUNE 5, 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 (25 10-beat free/25 free) 200 pull
EN-1	8 x 25 @ 45 or r=15 • 25 2 kicks, 1 pull breast/25 breast • 25 4-beat fly/25 fly • repeat sequence
EN-2	2 x 300 swim @ 5:30 or r=30 • 100 free/100 stroke/100 free
EN-1	8 x 25 @ 45 or r=15 • 25 cobra/25 breast • 25 single-arm fly/25 fly • repeat sequence
EN-2	4 x 150 swim @ 3:00 or r=20 • 50 free/50 stroke/50 free
EN-1	8 x 25 @ 45 or r=15 • 25 3-up, 3-down breast/25 breast • 25 1-1-1 fly/25 fly • repeat sequence
REC	100 swim

Total = 2500 meters

DAY/DATE: FRIDAY/JUNE 6, 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 choice
EN-1	6 x 75 @ 1:40 or r=20 • 25 drill/25 DPS/25 build
EN-1 TO EN-3	• 1 x 150 free, moderate pace @ 3:00 or r=30 • 3 x 50 swim @ 1:15 or r=20-30 ◦ descend times 1-3 • 2 x 75 free, moderate pace @ 1:30 or r=15 • 3 x 50 swim @ 1:15 or r=20-30 ◦ descend times 1-3 • 3 x 50 free, moderate pace @ 1:00 or r=10 • 3 x 50 swim @ 1:15 or r=20-30 ◦ descend times 1-3 • 2 x 75 free, moderate pace @ 1:30 or r=15 • 3 x 50 swim @ 1:15 or r=20-30 ◦ descend times 1-3 • 1 x 150 free, moderate pace @ 3:00 or r=30 • 3 x 50 swim @ 1:15 or r=20-30 ◦ descend times 1-3
REC	150 swim

Total = 2500 meters