

DAY/DATE: MONDAY/MAY 26, 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/100 drill
EN-1	8 x 50 pull @ 55 or r=10 • breathe 5/3 on odd 50's • breathe 3/5 on even 50's
EN-1 TO EN-2	20 seconds rest between swims; keep heart rate at 120-140 BPM: • 25 ◦ 50 ▪ 100 • 200 ◦ 400 • 200 ▪ 100 ◦ 50 • 25
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 • descend times 1-4, 5-8
EN-1 TO EN-2	8 x 50 @ 1:00 or r=15 • negative split
REC	150 easy swim

Total: 3000 meters

DAY/DATE: TUESDAY/MAY 27, 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	4 x [25 swim/25 drill/25 kick]
EN - 1	• 4 x 50 @ 1:10 or r=15 ◦ 25 kick/25 swim • 4 x 50 @ 1:10 or r=15 ◦ 25 drill/25 swim • 4 x 50 @ 1:10 or r=15 ◦ 25 scull with free kick/25 swim
EN - 1 TO EN - 2	3 x through: • 50 drill @ 1:15 or r=20 ◦ stroke drill • 100 swim @ 2:15 or r=30 ◦ 25 stroke/25 free • 200 pull @ 3:30 or r=30 ◦ breathe 3/5/3/5 by 50's • 100 swim @ 2:15 or r=30 ◦ 50 stroke/50 free • 50 swim @ 1:15 or r=20 ◦ stroke
REC	100 swim

Total: 2500 meters

DAY/DATE: WEDNESDAY/MAY 28, 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	600 choice
EN-1 TO EN-2	• 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 25 swim @ 40 or r=15 ◦ faster-than-normal tempo • 2 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5/3/5 by 50's • 4 x 25 swim @ 40 or r=15 ◦ faster-than-normal tempo • 4 x 100 pull @ 1:45 or r=15 ◦ breathe 3/5/3/5 by 25's • 4 x 25 swim @ 40 or r=15 ◦ faster-than-normal tempo • 8 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 25's • 4 x 25 swim @ 40 or r=15 ◦ faster-than-normal tempo
EN-1 TO EN-3	8 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	200 swim

Total = 3000 meters

DAY/DATE: THURSDAY/MAY 29, 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	300 swim
EN-1	12 x 25 stroke @ 45 or r=15 • 25 kick/25 swim
EN-1 TO EN-2	• 100 pull @ 1:45 or r=15 ◦ breathe 3/5 by 25's • 4 x 50 swim @ 1:10 or r=20 ◦ 25 breast/25 free • 200 pull @ 3:30 or r=30 ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 1:10 or r=20 ◦ 25 back/25 breast • 300 pull @ 5:15 or r=45 ◦ breathe 3/5/3 by 100's • 4 x 50 swim @ 1:10 or r=20 ◦ 25 fly/25 back • 400 pull @ 7:00 or r=60 ◦ breathe 3/5/3/5 by 100's • 4 x 50 swim @ 1:10 or r=20 ◦ choice of strokes
REC	100 swim

Total = 2500 meters

DAY/DATE: FRIDAY/MAY 30, 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 4 x 50 [25 drill/25 swim] @ r=10 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-3	3 x through: • 2 x 25 kick @ 45 or r=10 ◦ fast feet! • 3 x 50 @ 1:15 or r=20 ◦ 25 drill/25 swim • 4 x 75 swim @ 1:45 or r=30 ◦ build each 75 to race pace
SP-1	4 x BTF's: • B=breakout with 3 strokes fast ◦ ~20 seconds rest • T=fast turn ◦ ~20 seconds rest • F=fast finish ◦ ~40 seconds rest
REC	8 x 25 [25 scull with free kick/25 swim] @ r=5

Total = 2500 meters