

DAY/DATE: MONDAY/JUNE 16, 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	500 swim
EN-1	10 x 50 @ 1:05 or r=15 5 x through: • 25 10-beat free/25 catch-up free • 50 "DPS" free
EN-1 TO EN-3	1000 swim 3 x through + 100 easy: • 100 easy • 100 moderate • 100 fast
EN-1	10 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1/EN-2	10 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	250 choice

Total: 3000 meters

DAY/DATE: TUESDAY/JUNE 17, 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
EN-1	4 x through: • 25 scull/25 glide stroke/25 pull
EN-2	2 x through: • 4 x 25 swim @ 40 or r=10 ◦ 1 each stroke • 3 x 50 swim @ 1:10 or r=20 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 1 x 200 IM @ 4:30 or r=60
EN-1 TO EN-2	4 x through (continuous): • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
REC	200 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/JUNE 18, 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 100 kick 100 pull
EN-1 TO EN-3	• 6 x 50 pull @ 55 or r=10 ◦ DPS • 3 x 100 swim @ 1:45 or r=15 ◦ moderate effort • 2 x 150 pull @ 2:30 or r=15 ◦ fast tempo • 1 x 300 swim @ 5:00 or r=30 ◦ negative split • 2 x 150 pull @ 2:30 or r=15 ◦ DPS • 3 x 100 swim @ 1:45 or r=15 ◦ moderate effort • 6 x 50 pull @ 55 or r=10 ◦ fast tempo
EN-1/EN-3	16 x 25 swim @ 40 or r=15 • 25 easy/25 fast!
REC	100 swim

Total = 3000 meters

DAY/DATE: THURSDAY/JUNE 19, 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 kick @ 45 or r=10 • 2 x 25 stroke kick/1 x 25 free kick
EN-2	• 8 x 25 stroke swim @ 40 or r=10 • 4 x 50 stroke swim @ 1:05 or r=15 • 2 x 100 stroke swim @ 2:15 or r=20-30
EN-1	12 x 25 pull @ 45 or r=5-15 • 1 x 25 breast pull/2 x 25 free pull
EN-2	• 2 x 100 stroke swim @ 2:15 or r=20-30 • 4 x 50 stroke swim @ 1:05 or r=15 • 8 x 25 stroke swim @ 40 or r=10
EN-1	12 x 25 @ 45 or r=15 • 2 x 25 stroke drill/1 x 25 free drill
REC	100 choice

Total = 2500 meters

DAY/DATE: FRIDAY/JUNE 20, 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 300 kick 200 pull
EN-1 TO EN-3	12 x 50 swim @ 1:00 or r=15 • every 3rd 50 fast!
REC	200 pull
EN-1 TO EN-3	8 x 50 swim @ 1:15 or r=30 • every 2nd 50 fast!
REC	200 pull
SP-1	4 x 50 swim @ 1:30 or r=60 • all fast!
REC	200 pull

Total = 2500 meters