

DAY/DATE: MONDAY/JUNE 30, 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	<ul style="list-style-type: none"> • 400 swim • 4 x 50 [25 drill/25 swim] @ r=10 • 8 x 25 pull @ r=5
EN-1 TO EN-2	<p>Increase speed as swims get shorter:</p> <ul style="list-style-type: none"> • 400 freestyle @ 6:30 or r=30 • 2 x 200 freestyle @ 3:20 or r=20 • 4 x 100 freestyle @ 1:45 or r=15 • 8 x 50 freestyle @ 55 or r=10
EN-1	<p>20 x 25 @ 40 or r=15</p> <ul style="list-style-type: none"> • 25 drill/25 swim 2 x the following drills: <ul style="list-style-type: none"> ▪ 10-beat free ▪ 10-beat free with top scull ▪ catch-up free ▪ human stroke free ("long dog" free) ▪ corkscrew (4 strokes free, 5 strokes back)
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/JULY 1, 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	<ul style="list-style-type: none">• 400 swim• 4 x 25 swim @ r=10<ul style="list-style-type: none">◦ build each 25
EN-1	400 pull: breathe every 3rd stroke
EN-2	4 x 100 kick @ 2:30 or r=15 <ul style="list-style-type: none">• #1: 50 fly/50 back• #2: 50 back/50 breast• #3: 50 breast/50 free• #4: 100 IM
EN-1	400 pull: breathe 3/4/5/choice by 100's
EN-2	12 x 50 swim @ 1:10 or r=20 4 x through: <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/JULY 2, 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 6 x 50 @ r=10 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-3	3 x through: <ul style="list-style-type: none">• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate pace• 4 x 50 swim @ 1:00 or r=20<ul style="list-style-type: none">◦ at 400 race pace + 2 seconds• 4 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ at 400 race pace• extra 30 seconds rest
EN-1 TO EN-3	12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• fast in and out of turns!• fast finish!
REC	300 swim

Total = 3000 meters

DAY/DATE: THURSDAY/JULY 3, 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	500 swim
EN-1 TO EN-2	10 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 1st ½ length: underwater dolphin kick• 2nd ½ length: easy free
EN-1	250 pull: breathe 3/4/5/4/3 by 50's
EN-2	30 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 stroke/25 free
EN-1	250 pull: breathe 3/5/3/5/3 by 50's
EN-1 TO EN-3	10 x 25 @ 50 or r=20 <ul style="list-style-type: none">• 1st ½ length: underwater dolphin kick• 2nd ½ length: easy free
REC	250 swim

Total = 2500 meters

DAY/DATE: FRIDAY/JULY 4, 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	<ul style="list-style-type: none"> • 200 free • stretch for 2 minutes • 200 swim (mix of strokes) • stretch for 2 minutes • 200 kick (mix of strokes) • stretch for 2 minutes
EN-1	8 x 25 @ 40 or r=10 <ul style="list-style-type: none"> • 25 drill/25 swim
EN-1 TO EN-3	<ul style="list-style-type: none"> • 3 x 150 free @ 3:00 or r=45 <ul style="list-style-type: none"> ◦ push pace on last 50 ◦ push pace on middle 50 ◦ push pace on first 50 • 6 x 50 stroke @ 1:15 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 3 x 150 free @ 3:00 or r=45 <ul style="list-style-type: none"> ◦ push pace on first 50 ◦ push pace on middle 50 ◦ push pace on last 50
EN-1/SP-1	12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	200 swim

Total = 2500 meters