

DAY/DATE: MONDAY/JUNE 9, 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">• 200 swim• 200 kick• 200 pull• 200 swim
EN-1	2 x through: <ul style="list-style-type: none">• 2 x 25 kick @ r=10• 2 x 50 [25 drill/25 swim] @ r=10• 2 x 75 [25 scull with kick/25 drill/25 swim] @ r=20
EN-1 TO EN-2	3 x 500 @ r=45 <ul style="list-style-type: none">• #1: pull with buoy and band• #2: pull with buoy• #3: swim
REC	100 easy

Total: 3000 meters

DAY/DATE: TUESDAY/JUNE 10, 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• 100 back kick• 100 IM drill
EN-1	2 x 300 pull @ 4:45 or r=15 • breathe 3/5/3 by 100's
EN-2	8 x 75 swim @ 1:30 or r=20 2 x through: <ul style="list-style-type: none">• 25 fly/50 free• 25 back/50 free• 25 breast/50 free• 25 fly/25 back/25 breast
EN-3/REC	20 x 25 swim with fins @ 45 or r=20 • 15 meters (or yards) fast underwater dolphin kick/10 meters (or yards) easy swim
REC	200 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/JUNE 11, 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	3 x [200 swim, 100 kick]
EN-1	<ul style="list-style-type: none">• 4 x 75 pull @ 1:30 or r=15<ul style="list-style-type: none">◦ breathe 3/5/3 by 25's• 4 x 50 pull @ 55 or r=10<ul style="list-style-type: none">◦ breathe 3/5 by 25's• 4 x 25 pull @ 30 or r=5<ul style="list-style-type: none">◦ breathe 3/5 by 25's
EN-1 TO EN-3	<ul style="list-style-type: none">• 4 x 150 swim @ 2:45 or r=30<ul style="list-style-type: none">◦ descend times 1-4• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 4 x 50 swim @ 60 or r=15<ul style="list-style-type: none">◦ same pace as 4th 100• 4 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none">◦ all fast
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/JUNE 12, 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	4 x [100 swim, 50 kick]
EN - 1	400 pull: breathe 3/4/5/3 by 100's
EN - 1	4 x 50 stroke drill @ r=10
EN - 2	<ul style="list-style-type: none">• 3 x 100 @ 2:00 or r=20<ul style="list-style-type: none">◦ 25 stroke/75 free• 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none">◦ 50 stroke/50 free• 3 x 100 @ 2:20 or r=20<ul style="list-style-type: none">◦ 75 stroke/25 free• 3 x 100 @ 2:30 or r=20<ul style="list-style-type: none">◦ 100 stroke
REC	100 choice

Total = 2500 meters

DAY/DATE: FRIDAY/JUNE 13, 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">• 400 swim• 200 kick• 2 x 75 [25 kick/25 drill/25 swim] @ r=15• 100 [25 scull with free kick/25 swim]
EN-3	150 fast @ 2:30 or r=20
REC	300 easy swim
EN-3	2 x 75 fast @ 1:30 or r=30
REC	300 easy swim
SP-1	2 x 50 fast @ 60 or r=20
REC	300 easy swim
SP-1	2 x 25 fast @ 40 or r=20
REC	300 easy swim

Total = 2500 meters