

DAY/DATE: MONDAY/AUGUST 18, 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 choice
EN-1 TO EN-2	• 600 pull @ 9:30 or r=30 ◦ breathe 3/5/3/5 by 150's • 4 x 150 swim @ 2:30 or r=15 ◦ descend times 1-4 • 400 pull 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4 • 200 pull @ 3:30 or r=30 ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 50 or r=5 ◦ descend times 1-4
EN-1	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/AUGUST 19, 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	12 x 25 @ r=10 • 25 kick/25 drill/25 swim • IM order
EN - 2	8 x 100 swim @ 2:10 or r=20 Alternate: • 25 fly/75 back • 25 breast/75 free
EN - 2	4 x 200 @ 4:10 or r=30 • 25 fly/50 back/25 breast/50 free/50 kick
REC	200 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/AUGUST 20, 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	400 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1	8 x 25 drill @ r=10 • 25 10-beat free/25 catch-up free
EN-1 TO EN-3	2 x through: • 250 swim @ 4:10 or r=25 ◦ 200 swim @ 3:20 or r=20 ▪ 150 swim @ 2:30 or r=15 • 100 swim @ 1:40 or r=10 ◦ 50 swim @ 55 or r=10
EN-1 TO EN-2	300 kick: every 3rd length fast!
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/AUGUST 21, 2014

FOCUS: SHORT-AXIS STROKES

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 • 200 kick • 200 pull
EN-1 TO EN-2	8 x 50 kick @ 1:30 or r=15 • negative split
EN-1	8 x 25 "short axis" stroke drills @ 45 or r=10 • 25 fly/25 breast
EN-1 TO EN-2	8 x 50 "short axis" strokes @ 1:10 or r=20 • 25 drill/25 swim • alternate 50 fly, 50 breast
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-2	8 x 25 "short axis" strokes @ 40 or r=15 • 25 fly/25 breast
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/AUGUST 22, 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	• 300 swim • 200 kick
EN-1	8 x 25 swim @ r=10 • 25 DPS/25 build
REC TO SP-1	• 4 x 100 swim @ 2:00 or r=20-30 ◦ 75 easy/25 fast • 400 easy: swim or pull @ r=60 • 6 x 50 swim @ 1:00 or r=10-15 ◦ 25 easy/25 fast • 300 easy: swim or pull @ r=60 • 8 x 25 swim @ 30 or r=10 ◦ 12.5 easy/12.5 fast • 200 easy: swim or pull

Total = 2500 meters