

DAY/DATE: MONDAY/MAY 11, 2015

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• 100 drill
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 25<ul style="list-style-type: none">◦ 50<ul style="list-style-type: none">▪ 100<ul style="list-style-type: none">• 200<ul style="list-style-type: none">◦ 400<ul style="list-style-type: none">• 200<ul style="list-style-type: none">▪ 100<ul style="list-style-type: none">◦ 50<ul style="list-style-type: none">• 25
EN-1/EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• descend times 1-4, 5-8
EN-1/EN-3	8 x 50 @ 1:00 or r=15 <ul style="list-style-type: none">• negative split
REC	150 easy swim

Total = 3000

DAY/DATE: TUESDAY/MAY 12, 2015

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 thru: <ul style="list-style-type: none">• 25 swim/25 drill/25 kick
EN-1	<ul style="list-style-type: none">• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 kick/25 swim• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 drill/25 swim• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 scull with free kick/25 swim
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">• 50 drill @ 1:15 or r=20<ul style="list-style-type: none">◦ round 1=fly, round 2=back, round 3=breast• 100 swim @ 2:15 or r=30<ul style="list-style-type: none">◦ 25 stroke/25 free◦ round 1=fly, round 2=back, round 3=breast• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 100 swim @ 2:15 or r=30<ul style="list-style-type: none">◦ 50 stroke/50 free◦ round 1=fly, round 2=back, round 3=breast• 50 swim @ 1:15 or r=20<ul style="list-style-type: none">◦ round 1=fly, round 2=back, round 3=breast
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/MAY 13, 2015

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	<ul style="list-style-type: none">• 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ faster-than-normal tempo• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ faster-than-normal tempo• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 25's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ faster-than-normal tempo• 8 x 50 pull @ 55 or r=10<ul style="list-style-type: none">◦ breathe 3/5 by 25's• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">◦ faster-than-normal tempo
EN-1/EN-3	8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 swim

Total = 3000

DAY/DATE: THURSDAY/MAY 14, 2015

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	<ul style="list-style-type: none">• 1 x 100 pull @ 1:45 or r=15• breathe 3/5 by 25's<ul style="list-style-type: none">▪ 4 x 50 swim @ 1:10 or r=20▪ 25 breast/25 free• 1 x 200 pull @ 3:30 or r=30• breathe 3/5/3/5 by 50's<ul style="list-style-type: none">▪ 4 x 50 swim @ 1:10 or r=20▪ 25 back/25 breast• 1 x 300 pull @ 5:15 or r=45• breathe 3/5/3 by 100's<ul style="list-style-type: none">▪ 4 x 50 swim @ 1:10 or r=20▪ 25 fly/25 back• 1 x 400 pull @ 7:00 or r=60• breathe 3/5/3/5 by 100's<ul style="list-style-type: none">▪ 4 x 50 swim @ 1:10 or r=20▪ choice of strokes
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 15, 2015

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 swim• 4 x 50 @ r=10<ul style="list-style-type: none">▪ 25 drill/25 swim• 8 x 25 @ r=5<ul style="list-style-type: none">▪ 25 scull/25 pull
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none">▪ fast feet!• 3 x 50 @ 1:15 or r=20<ul style="list-style-type: none">▪ 25 drill/25 swim• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">▪ build each 75 to race pace
SP-1	4 x BTF's: <ul style="list-style-type: none">• B=breakout with 3 strokes fast<ul style="list-style-type: none">▪ ~20 seconds rest• T=fast turn<ul style="list-style-type: none">▪ ~20 seconds rest• F=fast finish<ul style="list-style-type: none">▪ ~40 seconds rest
REC	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull with free kick/25 swim

Total = 2500