

DAY/DATE: MONDAY/MAY 18, 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             | 500 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| EN-1 TO<br>EN-2 | <ul style="list-style-type: none"><li>• 500 pull @ 8:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5/3 by 100's</li></ul></li><li>• 10 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-5, 6-10</li></ul></li><li>• 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 6 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3, 4-6</li></ul></li></ul> |
| REC             | 100 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

Total = 3000

DAY/DATE: TUESDAY/MAY 19, 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            |

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| REC TO<br>EN-1  | <ul style="list-style-type: none"><li>• 400 swim</li><li>• 4 x 50 kick @ r=10<ul style="list-style-type: none"><li>◦ 1 of each stroke</li></ul></li></ul>                                                                                                                                                                                                                                                                                                                               |
| EN-1 TO<br>EN-2 | <p>2 x through:</p> <ul style="list-style-type: none"><li>• 4 x 25 fly @ 45 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 100 IM @ 2:15 or r=30</li><li>• 4 x 25 back @ 45 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 100 IM @ 2:15 or r=30</li><li>• 4 x 25 breast @ 45 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 2 x 100 IM @ 2:15 or r=30</li></ul> |
| REC             | 100 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

Total = 2500

DAY/DATE: WEDNESDAY/MAY 20, 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            |

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| REC             | <ul style="list-style-type: none"><li>• 200 swim</li><li>• 12 x 25 (25 scull/25 pull) @ r=5</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| EN-1 TO<br>EN-2 | <p>2 x through:</p> <ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ even pace or negative split<ul style="list-style-type: none"><li>▪ 2 x 150 swim @ 2:45 or r=20<ul style="list-style-type: none"><li>• faster pace than 300</li></ul></li></ul></li><li>◦ 4 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none"><li>▪ faster pace than 150's</li></ul></li><li>• 6 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ faster pace than 75's<ul style="list-style-type: none"><li>▪ extra 30 seconds rest</li></ul></li></ul></li></ul></li></ul> |
| REC             | 100 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

Total = 3000

DAY/DATE: THURSDAY/MAY 21, 2015

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          | <ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 (25 10-beat free/25 free)</li><li>• 200 pull</li></ul>                      |
| EN-1         | 8 x 25 @ 45 or r=15<br>2 x thru: <ul style="list-style-type: none"><li>• 25 drill breast/25 breast</li><li>• 25 drill fly/25 fly</li></ul> |
| EN-1 TO EN-2 | 2 x 300 swim @ 5:30 or r=30 <ul style="list-style-type: none"><li>• 100 free/100 stroke/100 free</li></ul>                                 |
| EN-1         | 8 x 25 @ 45 or r=15<br>2 x thru: <ul style="list-style-type: none"><li>• 25 drill breast/25 breast</li><li>• 25 drill fly/25 fly</li></ul> |
| EN-1 TO EN-2 | 4 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none"><li>• 50 free/50 stroke/50 free</li></ul>                                    |
| EN-1         | 8 x 25 @ 45 or r=15<br>2 x thru: <ul style="list-style-type: none"><li>• 25 drill breast/25 breast</li><li>• 25 drill fly/25 fly</li></ul> |
| REC          | 100 swim                                                                                                                                   |

Total = 2500

DAY/DATE: FRIDAY/MAY 22, 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            |

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| REC             | 400 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| EN-1            | 6 x 75 @ 1:40 or r=20<br>• 25 drill/25 DPS/25 build                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| EN-1 TO<br>EN-3 | <ul style="list-style-type: none"><li>• 1 x 150 free, moderate pace @ 3:00 or r=30</li><li>• 3 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 2 x 75 free, moderate pace @ 1:30 or r=15</li><li>• 3 x 50 swim @ 1:15 or r=25<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 3 x 50 free, moderate pace @ 1:00 or r=10</li><li>• 3 x 50 swim @ 1:20 or r=30<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 2 x 75 free, moderate pace @ 1:30 or r=15</li><li>• 3 x 50 swim @ 1:15 or r=25<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 1 x 150 free, moderate pace @ 3:00 or r=30</li><li>• 3 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li></ul> |
| REC             | 150 swim                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

Total = 2500