

DAY/DATE: MONDAY/MAY 25, 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	• 200 swim • 200 kick • 200 pull • 200 swim
EN - 1	2 x through: • 2 x 25 kick @ r=10 • 2 x 50 (25 drill/25 swim) @ r=10 • 2 x 75 (25 scull/25 drill/25 swim) @ r=20
EN - 1 TO EN - 2	3 x 500 @ r=45 • descend times 1-3 ◦ #1: pull with buoy and band ◦ #2: pull with buoy ◦ #3: swim
REC	100 easy

Total = 3000

DAY/DATE: TUESDAY/MAY 26, 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	• 400 swim • 100 kick: backstroke • 100 drill: IM
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: • 25 fly/50 free • 25 back/50 free • 25 breast/50 free • 25 fly/25 back/25 breast
EN-3/EN-1	20 x 25 swim with fins @ 45 or r=20 • 1/2 length fast underwater dolphin kick/ • 1/2 length easy swim
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 27, 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	3 x (200 swim, 100 kick)
EN-1	• 4 x 75 pull @ 1:30 or r=15 ◦ breathe 3/5/3 by 25's ▪ 4 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's ◦ 4 x 25 pull @ 30 or r=5 ▪ breathe 3/5 by 25's
EN-1 TO EN-3	• 4 x 150 swim @ 2:45 or r=30 ◦ descend times 1-4 ▪ 4 x 100 swim @ 1:45 or r=15 • descend times 1-4 ◦ 4 x 50 swim @ 60 or r=15 ▪ same pace as 4th 100 • 4 x 25 swim @ 30 or r=10 ◦ all fast
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 28, 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	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 - 1 TO EN - 2	• 3 x 100 @ 2:00 or r=20 ◦ 25 stroke/75 free • 3 x 100 @ 2:10 or r=20 ◦ 50 stroke/50 free • 3 x 100 @ 2:20 or r=20 ◦ 75 stroke/25 free • 3 x 100 @ 2:30 or r=20 ◦ 100 stroke
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/MAY 29, 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	• 400 swim • 200 kick • 2 x 75 (25 kick/25 drill/25 swim) @ r=15 • 100 (25 scull with free kick/25 swim)
EN-2	150 swim (somewhat hard) @ 2:30 or r=20
REC	300 easy swim
SP-1	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