

DAY/DATE: MONDAY/JUNE 15, 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"> <li>• 400 swim</li> <li>• 4 x 50 (25 drill/25 swim) @ r=10</li> <li>• 8 x 25 pull @ r=5</li> </ul>
EN-1 TO EN-2	<p>Increase speed as swims get shorter:</p> <ul style="list-style-type: none"> <li>• 1 x 400 freestyle @ 6:30 or r=30</li> <li>• 2 x 200 freestyle @ 3:20 or r=20</li> <li>• 4 x 100 freestyle @ 1:45 or r=15</li> <li>• 8 x 50 freestyle @ 55 or r=10</li> </ul>
EN-1	<p>20 x 25 @ 40 or r=15</p> <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> </ul> <p>2 x thru the following drills:</p> <ul style="list-style-type: none"> <li>▪ 10-beat free</li> <li>▪ 10-beat free with top scull</li> <li>▪ catch-up free</li> <li>▪ human stroke free ("long dog" free)</li> <li>▪ corkscrew (4 strokes free, 5 strokes back)</li> </ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JUNE 16, 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	<ul style="list-style-type: none"> <li>• 400 swim</li> <li>• 4 x 25 swim @ r=10               <ul style="list-style-type: none"> <li>◦ build each 25</li> </ul> </li> </ul>
EN-1	400 pull: breathe every 3rd stroke
EN-2	4 x 100 kick @ 2:30 or r=15 <ul style="list-style-type: none"> <li>• #1: 50 fly/50 back</li> <li>• #2: 50 back/50 breast</li> <li>• #3: 50 breast/50 free</li> <li>• #4: 100 IM</li> </ul>
EN-1	400 pull: breathe 3/4/5/choice by 100's
EN-2	12 x 50 swim @ 1:10 or r=20 4 x through: <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 back/25 breast</li> <li>• 25 breast/25 free</li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 17, 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	<p>300 swim</p> <p>6 x 50 @ r=10</p> <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> </ul>
EN-1 TO EN-3	<p><b>3 x through:</b></p> <ul style="list-style-type: none"> <li>• 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=20 <ul style="list-style-type: none"> <li>◦ at 400 race pace + 2 seconds</li> </ul> </li> <li>• 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>◦ at 400 race pace</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
EN-2 TO EN-3	<p>12 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> <li>• fast in and out of turns!</li> <li>• fast finish!</li> </ul>
REC	<p>300 swim</p>

Total = 3000

DAY/DATE: THURSDAY/JUNE 18, 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	500 swim
EN-2/EN-1	10 x 25 @ 45 or r=15 <ul style="list-style-type: none"><li>• 1st ½ length: underwater dolphin kick</li><li>• 2nd ½ length: easy free</li></ul>
EN-1	250 pull: breathe 3/4/5/4/3 by 50's
EN-2	30 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"><li>• 25 stroke/25 free</li></ul>
EN-1	250 pull: breathe 3/5/3/5/3 by 50's
EN-2/EN-1	10 x 25 @ 50 or r=20 <ul style="list-style-type: none"><li>• 1st ½ length: underwater dolphin kick</li><li>• 2nd ½ length: easy free</li></ul>
REC	250 swim

Total = 2500

DAY/DATE: FRIDAY/JUNE 19, 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"> <li>• 200 free</li> <li>• stretch for 2 minutes</li> <li>• 200 swim (mix of strokes)</li> <li>• stretch for 2 minutes</li> <li>• 200 kick (mix of strokes)</li> <li>• stretch for 2 minutes</li> </ul>
EN-1	8 x 25 @ 40 or r=10 <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> </ul>
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• 3 x 150 free @ 3:00 or r=45               <ul style="list-style-type: none"> <li>◦ last 50 fast</li> <li>◦ middle 50 fast</li> <li>◦ first 50 fast</li> </ul> </li> <li>• 6 x 50 stroke @ 1:15 or r=20               <ul style="list-style-type: none"> <li>◦ descend times 1-3, 4-6</li> </ul> </li> <li>• 3 x 150 free @ 3:00 or r=45               <ul style="list-style-type: none"> <li>◦ first 50 fast</li> <li>◦ middle 50 fast</li> <li>◦ last 50 fast</li> </ul> </li> </ul>
EN-1/EN-3	12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> </ul>
REC	200 swim

Total = 2500