

DAY/DATE: MONDAY/JUNE 8, 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 • 100 kick • 200: 25 drill/25 swim
EN-1 TO EN-2	<ul style="list-style-type: none"> • 1 x 600 pull @ 9:40 or r=40 • breathe 3/5/3/7/3/5 by 100's <ul style="list-style-type: none"> ◦ 4 x 150 swim @ 2:40 or r=20 ◦ descend times 1-4 <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 • breathe 3/5/3/5 by 100's <ul style="list-style-type: none"> ▪ 4 x 100 swim @ 1:45 or r=15 ▪ descend times 1-4 <ul style="list-style-type: none"> ◦ 1 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5 by 50's <ul style="list-style-type: none"> • 4 x 50 swim @ 55 or r=10 • descend times 1-4
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JUNE 9, 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">• 200 swim• 200 kick• 200 pull
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-2	4 x through: <ul style="list-style-type: none">• 4 x 25 swim @ 45 or r=15<ul style="list-style-type: none">◦ 100 IM order• 1 x 100 IM @ 2:15 or r=3
EN-1	300 kick
EN-1	12 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• 3 of each stroke
REC	100 swim or pull

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 10, 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	500 choice
EN-1	12 x 25 @ 45 or r=15 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	20 x 75 @ 1:30 or r=20-30 • 1-4 @ EN-1 pace ▪ 5-8 @ EN-2 pace ◦ 9-12 @ EN-3 pace ▪ 13-16 @ EN-2 pace • 17-20 @ EN-1 pace
EN-1 TO EN-2	20 x 25 @ 45 or r=15 5 x thru: • 2 x 25: ½ length underwater dolphin kick/ ½ length easy swim • 2 x 25: DPS
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JUNE 11, 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	<ul style="list-style-type: none"> • 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ▪ 300 pull @ 5:00 or r=30 ◦ 200 pull @ 3:20 or r=20 • 100 pull @ 1:40 or r=10
EN-1 TO EN-2	<ul style="list-style-type: none"> • 4 x 25 "stroke" drill @ 45 or r=15 • 1 x 50 swim @ 60 or r=10 <ul style="list-style-type: none"> ◦ 25 "stroke"/25 free • 4 x 25 "stroke" drill @ 45 or r=15 • 1 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free • 4 x 25 "stroke" drill @ 45 or r=15 • 1 x 150 swim @ 3:00 or r=30 <ul style="list-style-type: none"> ◦ 75 "stroke"/75 free • 4 x 25 "stroke" drill @ 45 or r=15 • 1 x 200 swim @ 4:00 or r=40 <ul style="list-style-type: none"> ◦ 100 "stroke"/100 free
EN-3	8 x 25 swim from mid-pool @ 45
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/JUNE 12, 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• 200 kick• 200 pull
EN-1	6 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-1/EN-3	12 x 25 swim @ 45 or r=15 3 x through: <ul style="list-style-type: none">• 12.5 easy/12.5 fast• 12.5 fast/12.5 easy• 25 easy• 25 fast
EN-1/EN-3	12 x 50 @ 1:10 or r=20 3 x through: <ul style="list-style-type: none">• 25 easy/25 fast• 25 fast/25 easy• 50 easy• 50 fast
EN-1	<ul style="list-style-type: none">• 1 x 400 pull @ r=30• 4 x 50 pull @ r=10
REC	100 swim

Total = 2500