

DAY/DATE: MONDAY/JULY 13, 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 choice
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-1 TO EN-2	<u>2nd repeat faster than 1st repeat:</u> <ul style="list-style-type: none">• 2 x 500 swim or pull @ 8:00 or r=30<ul style="list-style-type: none">◦ 2 x 400 swim or pull @ 6:20 or r=20<ul style="list-style-type: none">▪ 2 x 300 swim or pull @ 4:45 or r=15
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JULY 14, 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
EN-1 TO EN-2	10 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• 1 x 50 free• 2 x 50 breast• 3 x 50 back• 4 x 50 fly
EN-1	10 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none">• 25 breast/25 free
EN-2	10 x 100 IM @ 2:20 or r=30 <ul style="list-style-type: none">• choose one stroke each time to drop• choose one stroke each time to double-up
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/JULY 15, 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	<ul style="list-style-type: none">• 400 swim• 8 x 50 (25 kick/25 swim) @ r=10
EN-1 TO EN-2	<p><u>Swim as one continuous set:</u></p> <ul style="list-style-type: none">• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">▪ 3 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">◦ 2 x 100 pull @ 1:35 or r=5<ul style="list-style-type: none">▪ 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">• 1 x 100 pull
EN-1/EN-3	<p>8 x 50 swim @ 1:05 or r=20</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none">• 25 easy/25 fast• 25 fast/25 easy
REC	8 x 25 scull/swim @ r=5

Total = 3000

DAY/DATE: THURSDAY/JULY 16, 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	400 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 6:45 or r=45<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 16 x 25 kick @ 45 or r=15<ul style="list-style-type: none">◦ 2 x 25 stroke◦ 2 x 25 free• 2 x 200 swim @ 4:00 or r=30<ul style="list-style-type: none">◦ 50 stroke/50 free/50 stroke/50 free• 8 x 50 kick @ 1:30 or r=20<ul style="list-style-type: none">◦ 2 x 50 stroke◦ 2 x 50 free• 4 x 100 pull @ 2:00 or r=20<ul style="list-style-type: none">◦ 50 stroke/50 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JULY 17, 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 choice
EN-1	20 x 25 @ r=15 <ul style="list-style-type: none">• 25 kick/25 drill
EN-1 TO EN-3	10 x 50 swim @ 1:30 or r=30 <ul style="list-style-type: none">• 25 build/25 fast
REC	200 swim
EN-1 TO EN-3	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 build/25 fast
REC	200 swim
EN-1 TO EN-3	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 build/25 fast
REC	200 choice

Total = 2500