

DAY/DATE: MONDAY/JULY 20, 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>• 4 x (100 swim, 50 kick)</li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 4 x 50 @ 1:00 or r=10               <ul style="list-style-type: none"> <li>◦ 25 10-beat free/25 swim</li> </ul> </li> <li>• 4 x 50 @ 1:00 or r=10               <ul style="list-style-type: none"> <li>◦ 25 human stroke (long dog)/25 swim</li> </ul> </li> <li>• 4 x 50 @ 1:00 or r=10               <ul style="list-style-type: none"> <li>◦ 25 catch-up free/25 swim</li> </ul> </li> </ul>
EN-1 TO EN-3	<p>The Davis Mile, broken 1650            Subtract 2½ minutes for total time:</p> <ul style="list-style-type: none"> <li>• 275 swim (11 lengths) @ 20 seconds rest</li> <li>• 250 swim (10 lengths) @ 20 seconds rest</li> <li>• 225 swim (9 lengths) @ 20 seconds rest               <ul style="list-style-type: none"> <li>◦ 200 swim (8 lengths) @ 15 seconds rest</li> <li>◦ 175 swim (7 lengths) @ 15 seconds rest</li> <li>◦ 150 swim (6 lengths) @ 15 seconds rest</li> <li>◦ 125 swim (5 lengths) @ 15 seconds rest                   <ul style="list-style-type: none"> <li>▪ 100 swim (4 lengths) @ 10 seconds rest</li> <li>▪ 75 swim (3 lengths) @ 10 seconds rest</li> <li>▪ 50 swim (2 lengths) @ 10 seconds rest                       <ul style="list-style-type: none"> <li>• 25 swim (1 length)</li> </ul> </li> </ul> </li> </ul> </li> </ul>
REC	150 choice

Total = 3000

DAY/DATE: TUESDAY/JULY 21, 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 50 kick @ r=10               <ul style="list-style-type: none"> <li>◦ 1 of each stroke</li> </ul> </li> </ul>
EN-1 TO EN-2	<p><u>2 x through:</u></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 swim @ 2:15 or r=30               <ul style="list-style-type: none"> <li>◦ 25 fly/75 free</li> </ul> </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 swim @ 2:15 or r=30               <ul style="list-style-type: none"> <li>◦ 25 free/25 back/50 free</li> </ul> </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 swim @ 2:15 or r=30               <ul style="list-style-type: none"> <li>◦ 50 free/25 breast/25 free</li> </ul> </li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 22, 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 TO EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 2 x 100 (25 drill/25 swim) @ r=15</li> <li>• 4 x 50 kick @ r=10</li> <li>• 8 x 25 (25 scull/25pull) @ r=5</li> </ul>
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• 1 x 300 pull @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ moderate pace, breathe every 3rd stroke                   <ul style="list-style-type: none"> <li>▪ 2 x 150 swim @ 2:35 or r=20                       <ul style="list-style-type: none"> <li>• negative split each 150                           <ul style="list-style-type: none"> <li>◦ 4 x 75 swim @ 1:25 or r=15                               <ul style="list-style-type: none"> <li>▪ descend times 1-4</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> <li>◦ 4 x 75 swim @ 1:25 or r=15                               <ul style="list-style-type: none"> <li>▪ descend times 1-4</li> </ul> </li> </ul> </li> <li>▪ 2 x 150 swim @ 2:35 or r=20                       <ul style="list-style-type: none"> <li>• negative split each 150</li> </ul> </li> </ul> </li> </ul> </li> <li>• 1 x 300 pull @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ moderate pace, breathe every 3rd stroke</li> </ul> </li> </ul> </li></ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/JULY 23, 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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	8 x 75 pull @ 1:20 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5/3 by 25's</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 12 x 25 swim @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ stroke</li> </ul> </li> <li>• 1 x 200 (25 drill/25 swim) @ 4:00 or r=20               <ul style="list-style-type: none"> <li>◦ mix of strokes</li> </ul> </li> <li>• 8 x 25 swim @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ stroke</li> </ul> </li> <li>• 1 x 200 (25 drill/25 swim) @ 4:00 or r=20               <ul style="list-style-type: none"> <li>◦ mix of strokes</li> </ul> </li> <li>• 4 x 25 swim @ 35 or r=5               <ul style="list-style-type: none"> <li>◦ stroke</li> </ul> </li> <li>• 1 x 200 (25 drill/25 swim)               <ul style="list-style-type: none"> <li>◦ mix of strokes</li> </ul> </li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JULY 24, 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 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	8 x 50 @ r=10 <ul style="list-style-type: none"> <li>• 25 kick/25 swim</li> <li>• 25 drill/25 swim</li> </ul>
EN-3/EN-1	<u>3 x through:</u> <ul style="list-style-type: none"> <li>• 4 x 50 swim @ r=10               <ul style="list-style-type: none"> <li>○ #1=25 easy/25 fast</li> <li>○ #2=25 fast/25 easy</li> <li>○ #3=50 easy</li> <li>○ #4=50 fast (90%)</li> </ul> </li> <li>• 2 x 50 swim (fast, 95%) @ r=30</li> <li>• 1 x 100 swim (build) @ r=10</li> <li>• 1 x 50 swim (easy) @ r=60</li> </ul>
REC	150 choice

Total = 2500