

DAY/DATE: MONDAY/JULY 27, 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>• 300 swim</li> <li>• 100 kick</li> <li>• 200 (25 drill/25 swim)</li> <li>• 100 kick</li> </ul>   |
| EN-1         | 12 x 25 @ r=10 <ul style="list-style-type: none"> <li>• 25 scull/25 pull</li> </ul>  |
| EN-1 TO EN-2 | <u>2 x through:</u> <ul style="list-style-type: none"> <li>• 300 pull @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 100's</li> </ul> </li> <li>• 3 x 100 swim @ 1:45 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 6 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 DPS/25 build</li> </ul> </li> </ul> |
| REC          | 200 swim   |

Total = 3000

DAY/DATE: TUESDAY/JULY 28, 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>• 200 swim</li> <li>• 200 (25 kick/25 swim)</li> <li>• 200 (25 drill/25 swim)</li> </ul>  |
| EN-1         | 6 x 50 kick @ 1:30 or r=15<br><ul style="list-style-type: none"> <li>• 2 fly, 2 back, 2 breast</li> </ul>  |
| EN-1         | 600 pull: every 4th length breast pull   |
| EN-1 TO EN-2 | 12 x 50 swim @ 1:05 or r=15<br><u>Alternate:</u> <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 breast/25 free</li> </ul>   |
| EN-1 TO EN-2 | 12 x 25 @ 40 or r=10<br><u>2 x through:</u> <ul style="list-style-type: none"> <li>• 25 fly drill/25 fly swim</li> <li>• 25 back drill/25 back swim</li> <li>• 25 breast drill/25 breast swim</li> </ul> |
| REC          | 100 swim   |

Total = 2500

DAY/DATE: WEDNESDAY/JULY 29, 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"> <li>• 200 swim</li> <li>• 100 kick</li> </ul>   |
| EN-1         | 12 x 25 @ r=5 <ul style="list-style-type: none"> <li>• 25 scull/25 glide stroke/25 pull</li> </ul>   |
| EN-1 TO EN-3 | <p><u>3 x through:</u></p> <p><b>Increase stroke tempo as distance gets shorter</b></p> <ul style="list-style-type: none"> <li>• 2 x 125 swim @ 2:20 or r=30               <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 2 x 100 swim @ 1:50 or r=20               <ul style="list-style-type: none"> <li>◦ moderate-strong effort</li> </ul> </li> <li>• 2 x 75 swim @ 1:30 or r=20               <ul style="list-style-type: none"> <li>◦ strong effort</li> </ul> </li> <li>• 2 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ strong effort</li> </ul> </li> <li>• 2 x 25 swim @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ strong effort</li> </ul> </li> </ul> |
| REC          | 150 choice   |

Total = 3000

DAY/DATE: THURSDAY/JULY 30, 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>• 400 swim</li> <li>• 200 (25 drill/25 swim)</li> </ul>  |
| EN-1         | 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5 by 50's</li> </ul>  |
| EN-1 TO EN-2 | <u>4 x through:</u><br><b>Minimum 2 rounds "stroke"</b> <ul style="list-style-type: none"> <li>• 25 swim @ 40 or r=10</li> <li>• 50 swim @ 1:05 or r=15</li> <li>• 75 swim @ 1:30 or r=20</li> <li>• 100 swim @ 2:10 or r=30</li> </ul> |
| EN-1/EN-3    | 6 x 50 free @ 1:00 or r=15 <ul style="list-style-type: none"> <li>• 25 DPS/25 fast</li> </ul>   |
| REC          | 200 swim  |

Total = 2500

DAY/DATE: FRIDAY/JULY 31, 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             | 600 swim  |
| EN-1            | 8 x 25 @ r=10<br>• 25 drill/25 swim                                       |
| EN-1 TO<br>EN-2 | 8 x 25 @ r=15<br>• 25 DPS/25 build  |
| EN-3/EN-1       | <u>8 x through:</u><br>• 25 fast @ 30 or r=10<br>• 50 easy @ 1:15 or r=30 |
| EN-1            | 300 pull: breathe every 3rd stroke  |
| EN-1/EN-3       | 12 x 25 swim @ 45 or r=20<br>• 25 easy/25 fast                            |
| REC             | 300 choice  |

Total = 2500