

DAY/DATE: MONDAY/JULY 6, 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	200 swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 500 pull @ 8:00 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5/3 by 100's• 2 x 250 swim @ 4:15 or r=30<ul style="list-style-type: none">◦ negative split• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">◦ negative split• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3 by 100's• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">◦ negative split• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5 by 100's• 2 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ negative split
REC	4 x 25 glide stroke @ r=5

Total = 3100

DAY/DATE: TUESDAY/JULY 7, 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	500 choice
EN-1	16 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 25 kick/25 drill • IM order
EN-2	<ul style="list-style-type: none"> • 1 x 200 IM @ 4:00 or r=40 <ul style="list-style-type: none"> ◦ swim even lengths freestyle • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=40 <ul style="list-style-type: none"> ◦ swim as 2 x 100 IM's • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 back/25 breast • 1 x 200 IM @ 4:00 or r=40 <ul style="list-style-type: none"> ◦ swim as a regular 200 IM • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 breast/25 free
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none"> • 25 scull/25 pull
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 8, 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"> • 200 swim • 200 kick • 200 pull
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5/7 by 50's
EN-1 TO EN-2	<u>3 x through:</u> <ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace <ul style="list-style-type: none"> ▪ 1 x 150 swim @ 2:45 or r=30 <ul style="list-style-type: none"> • faster pace than 200 <ul style="list-style-type: none"> ◦ 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ▪ faster pace than 150 <ul style="list-style-type: none"> • 1 x 50 swim @ 1:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace
REC	4 x (25 scull/25 glide stroke/25 pull)
EN-1/EN-3	8 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/JULY 9, 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 choice
EN-1	10 x 50 stroke @ 1:10 or r=15 • 25 drill/25 swim
EN-1 TO EN-2	<u>3 x through (one stroke per round):</u> • 2 x 75 @ 1:45 or r=20 ◦ 25 kick/25 drill/25 swim • 2 x 75 swim @ 1:45 or r=30 ◦ build
EN-2	10 x 50 swim @ 1:00 or r=10 • 25 free/25 stroke
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JULY 10, 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	<p>3 x through:</p> <ul style="list-style-type: none"> • 125 swim • 75 drill
EN-1	<p>4 x through:</p> <ul style="list-style-type: none"> • 1 x 50 @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ build
EN-1 TO EN-2	<p>8 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> • odd 50's: DPS • even 50's: build by 12.5's
EN-1 TO EN-3	<p>4 x 3 x 25 swim @ 45 or r=20</p> <ul style="list-style-type: none"> • #1 of each set: DPS • #2: @ 200 race pace, hold same # strokes • #3: @ max speed, hold same # strokes
EN-1 TO EN-2	<p>8 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> • odd 50's: DPS • even 50's: build by 12.5's
REC	200 swim

Total = 2500