

DAY/DATE: MONDAY/AUGUST 10, 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	400 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 300 swim (or pull) @ 5:00 or r=30<ul style="list-style-type: none">◦ descend times 1-3• 3 x 200 swim (or pull) @ 3:15 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 150 swim (or pull) @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 100 swim (or pull) @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3• 3 x 50 swim (or pull) @ 55 or r=10<ul style="list-style-type: none">◦ descend times 1-3
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 11, 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	8 x 50 @ r=15 <ul style="list-style-type: none">• 25 kick/25 drill• 2 each stroke
EN - 1	400 pull: <ul style="list-style-type: none">• breathe 3/5/3/5 by 100's
EN - 2	<u>6 x through:</u> <ul style="list-style-type: none">• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none">◦ 1 each stroke• 1 x 100 IM @ 2:20 or r=30
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 12, 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	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-1 TO EN-3	<ul style="list-style-type: none">• 8 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ odd 100's: moderate effort◦ even 100's: descend times 2-4-6-8• 8 x 75 swim @ 1:20 or r=15<ul style="list-style-type: none">◦ odd 75's: moderate effort◦ even 75's: descend times 2-4-6-8• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ odd 50's: moderate effort◦ even 50's: descend times 2-4-6-8• 8 x 25 swim @ 40 or r=10<ul style="list-style-type: none">◦ odd 25's moderate effort◦ even 25's: descend times 2-4-6-8
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/AUGUST 13, 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">• 200 swim• 100 kick• 200 pull
EN - 1	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN - 1 TO EN - 2	<u>3 x through:</u> <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none">◦ round 1=fly◦ round 2=back◦ round 3=breast• 4 x 50 @ 1:10 or r=20<ul style="list-style-type: none">◦ 25 drill/25 swim<ul style="list-style-type: none">▪ round 1=fly▪ round 2=back▪ round 3=breast• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ breathe every 3rd stroke

Total = 2500

DAY/DATE: FRIDAY/AUGUST 14, 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">• 500 choice• 10 x 25 @ r=10<ul style="list-style-type: none">◦ 25 kick/25 build
EN-1/EN-3	<ul style="list-style-type: none">• 5 x 50 swim @ 1:00 or r=10<ul style="list-style-type: none">◦ swim hard enough to make interval• 1 x 50 swim (fast!) @ 1:00 or r=20• 4 x 50 swim @ 1:05 or r=10<ul style="list-style-type: none">◦ swim hard enough to make interval• 2 x 50 swim (fast!) @ 1:05 or r=25• 3 x 50 swim @ 1:10 or r=10<ul style="list-style-type: none">◦ swim hard enough to make interval• 3 x 50 swim (fast!) @ 1:10 or r=30• 2 x 50 swim @ 1:15 or r=10<ul style="list-style-type: none">◦ swim hard enough to make interval• 4 x 50 swim (fast!) @ 1:15 or r=35• 1 x 50 swim @ 1:20 or r=10<ul style="list-style-type: none">◦ swim hard enough to make interval• 5 x 50 swim (fast!) @ 1:20 or r=40
REC	10 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull

Total = 2500