

DAY/DATE: MONDAY/JANUARY 11, 2016

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	500 choice
EN-1	12 x 50 pull @ 55 • breathe every 3rd stroke on odd 50's • breathe every 5th stroke on even 50's
EN-1 TO EN-3	<u>Broken 1650 "Davis Mile"</u> <u>Subtract 2½ minutes to get 1650 time</u> • 11 lengths @ r=20 • 10 lengths @ r=20 • 9 lengths @ r=20 ▪ 8 lengths @ r=15 ▪ 7 lengths @ r=15 ▪ 6 lengths @ r=15 ▪ 5 lengths @ r=15 ◦ 4 lengths @ r=10 ◦ 3 lengths @ r=10 ◦ 2 lengths @ r=10 ◦ 1 length
REC	250 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 12, 2016

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	• 300 swim • 8 x 25 pull @ r=5 • 100 (25 scull with free kick/25 swim)
EN-1	12 x 25 drill @ r=10 • 3 each stroke
EN-2	• 4 x 50 kick @ 1:30 or r=15 ◦ 1 each stroke • 4 x 25 kick @ 45 or r=10 ◦ 1 each stroke
EN-1	300 pull: breathe every 3 rd stroke
EN-2	<u>4 x through:</u> • 4 x 25 swim @ 40 or r=15 ◦ 1 each stroke • 100 IM @ 2:30 or r=45
EN-1	300 pull: breathe every 3 rd stroke
REC	8 x 25 (25 scull/25 pull) @ r=5

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 13, 2016

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	• 200 swim • 200 kick • 200 pull
EN-1	• 8 x 25 @ 30 or r=5 ◦ 25 "10-beat" free/25 "catch-up" free
EN-1 TO EN-2	• 1 x 400 swim @ 7:00 or r=60 ◦ moderate effort • 4 x 100 swim @ 1:45 or r=15 ◦ descend times 1-4, moderate-hard effort • 1 x 300 swim @ 5:15 or r=45 ◦ moderate effort • 3 x 100 swim @ 1:45 or r=15 ◦ descend times 1-3, moderate-hard effort • 1 x 200 swim @ 3:30 or r=30 ◦ moderate effort • 2 x 100 @ 1:45 or r=15 ◦ descend times 1-2, moderate-hard effort • 1 x 100 swim @ 1:45 or r=15 ◦ moderate effort • 1 x 100 @ 1:45 or r=15 ◦ moderate-hard effort
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 14, 2016

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	<u>2 x through:</u> • 2 x 50 (25 kick/25 swim) @ 1:10 or r=15 • 4 x 25 (25 drill/25 swim) @ 40 or r=10
EN-1 TO EN-2	• 12 x 50 "stroke" @ 1:05 or r=15 ◦ descend times 1-4, 5-8, 9-12 • 1 x 200 swim @ 4:30 or r=60 ◦ easy effort • 8 x 50 "stroke" @ 1:10 or r=20 ◦ descend times 1-4, 5-8 • 1 x 200 swim @ 4:30 or r=60 ◦ easy effort • 4 x 50 "stroke" @ 1:15 or r=20-30 ◦ descend times 1-4 • 1 x 200 swim ◦ easy effort
EN-1	8 x 25 (25 scull with free kick/25 swim) @ r=5

Total = 2500

DAY/DATE: FRIDAY/JANUARY 15, 2016

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	• 200 swim • 8 x 25 (25 kick/25 swim) @ r=5
EN-1 TO SP-1	• 3 x 100 swim @ 2:00 or r=15 ◦ 25 stroke/25 free , easy effort • 8 x 50 swim @ 1:00 or r=20 ◦ 70% effort • 3 x 100 swim @ 2:00 or r=15 ◦ 25 stroke/25 free, easy effort • 6 x 50 swim @ 1:10 or r=30 ◦ 75-80% effort • 3 x 100 swim @ 2:00 or r=15 ◦ 25 stroke/25 free, easy effort • 4 x 50 swim @ 1:20 or r=40 ◦ 85-90% effort • 3 x 100 swim @ 2:00 or r=15 ◦ 25 stroke/25 free, easy effort • 2 x 50 swim @ 1:30 or r=60 ◦ 95% effort
EN-1 TO REC	<u>2 x thru:</u> • 100 swim @ r=10 • 2 x 50 swim @ r=10

Total = 2500