

DAY/DATE: MONDAY/JANUARY 18, 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	400 choice
EN-1 TO EN-2	<u>3 x through:</u> • 4 x 100 pull @ 1:45 or r=15 ◦ hold steady, moderate pace • 1 x 400 swim @ 6:30 or r=30 ◦ descend times 1-3
REC	8 x 25 @ r=10 • 25 scull with kick/25 swim

Total = 3000

DAY/DATE: TUESDAY/JANUARY 19, 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	6 x 50 (25 swim/25 kick) @ r=10 6 x 50 (25 drill/25 swim) @ r=10 6 x 50 (25 scull/25 pull) @ r=10
EN - 2	• 25 fly @ 40 or r=10 • 50 (25 fly/25 back) @ 1:10 or r=15 • 75 (25 fly/25 back/25 breast) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 back @ 40 or r=10 • 50 (25 back/25 breast) @ 1:10 or r=15 • 75 (25 back/25 breast/25 free) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 breast @ 40 or r=10 • 50 (25 breast/25 free) @ 1:10 or r=15 • 75 (25 breast/25 free/25 fly) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 free @ 40 or r=10 • 50 (25 free/25 fly) @ 1:10 or r=15 • 75 (25 free/25 fly/25 back) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40
EN - 1	• 4 x 75 pull or swim @ 1:30 or r=15 ◦ 4 x 50 pull or swim @ 1:00 or r=15 ▪ 4 x 25 pull or swim @ 40 or r=10

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 20, 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	16 x 25 "streamline breakouts" @ 30 or r=5-10 • fast breakout, 3 strokes no breathing, swim easy to wall
EN-1 TO EN-2	<u>Maintain stroke count and pace throughout set:</u> • 1 x 50 @ 50 or r=5 ▪ 1 x 100 @ 1:40 or r=10 ◦ 1 x 200 @ 3:20 or r=20 • 1 x 300 @ 5:00 or r=30 ◦ 1 x 200 @ 3:20 or r=20 ▪ 1 x 100 @ 1:40 or r=10 • 1 x 50 @ 50 or r=5
EN-1	16 x 50 @ 1:00 or r=10 <u>4 x through:</u> • 25 r-arm free/25 free • 25 l-arm free/25 free • 25 10-beat free/25 free • 25 catch-up free/25 free
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 21, 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	• 300 swim • 200 pull
EN-1	8 x 25 kick @ 45 or r=10
EN-1 TO EN-2	<u>3 x through:</u> • 100 free @ 2:00 or r=30 ◦ 75 free/25 stroke @ 2:00 or r=25 ▪ 50 free/50 stroke @ 2:00 or r=20 • 25 free/75 stroke @ 2:00 or r=15 ◦ 100 stroke @ 2:30 or r=40
EN-1/EN-3	8 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 22, 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	500 choice
EN-1	10 x 25 @ 40 or r=10 • 25 drill/25 build
REC TO SP-1	• 2 x 150 swim @ 3:00 or r=60 ◦ 90% effort • 1 x 200 swim @ 5:00 or r=60 ◦ ½ speed (recovery pace) • 4 x 75 swim @ 2:00 or r=60 ◦ 90% effort • 1 x 200 swim @ 5:00 or r=60 ◦ ½ speed (recovery pace) • 6 x 50 swim @ 1:45 or r=60 ◦ 90% effort • 1 x 200 swim @ 5:00 or r=60 ◦ ½ speed (recovery pace)
REC	10 x 25 swim @ 40 or r=10 • "ascend" pace

Total = 2500