

DAY/DATE: MONDAY/JANUARY 25, 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	300 swim
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
EN-1 TO EN-2	<u>Pace gets faster as distance gets shorter:</u> • 400 swim @ 6:40 or r=40 ◦ 300 swim @ 5:00 or r=30 ▪ 200 swim @ 3:20 or r=20 • 100 swim @ 1:40 or r=10 ◦ 300 swim @ 5:00 or r=30 ▪ 200 swim @ 3:20 or r=20 • 100 swim @ 1:40 or r=10 ▪ 200 swim @ 3:20 or r=20 • 100 swim @ 1:40 or r=10
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 26, 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	• 200 swim • 200 kick
EN-1	8 x 50 @ 1:10 or r=15 • 25 kick/25 drill
EN-2	<u>4 x through:</u> • 1 x 100 IM @ 2:20 or r=30 • 3 x 50 swim @ 1:00 or r=10 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 2 x 25 easy freestyle @ r=10 • 1 minute between rounds
EN-1	8 x 50 @ 1:05 or r=15 • 25 drill/25 swim
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 27, 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	600 choice
EN-1 TO EN-3	• 3 x 200 pull @ 3:15 or r=15 ◦ DPS (maximum distance per stroke) • 6 x 50 swim @ 1:00 or r=15 ◦ negative split • 2 x 200 pull @ 3:15 or r=15 ◦ DPS • 6 x 50 swim @ 1:00 or r=15 ◦ push first 30 meters • 1 x 200 pull @ 3:15 or r=15 ◦ DPS • 6 x 50 swim @ 1:00 or r=15 ◦ push turn and finish
EN-1	10 x 25 @ r=5 • 25 top scull/25 glide stroke • 25 middle scull/25 glide stroke • 25 bottom scull #1/25 glide stroke • 25 bottom scull #2/25 glide stroke • 25 squiggly lines scull/25 glide stroke
REC	50 easy

Total = 3000

DAY/DATE: THURSDAY/JANUARY 28, 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 swim
EN-1	16 x 25 @ 45 or r=15 • 25 kick ◦ 25 drill ▪ 25 build • 25 DPS
EN-1 TO EN-2	<u>2 x through:</u> • 1 x 200 free @ 3:30 or r=30 ◦ 2 x 100 "stroke" @ 2:15 or r=30 ▪ 4 x 50 free @ 1:00 or r=15 • 8 x 25 "stroke" @ 45 or r=15
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 29, 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	600 choice
EN-1	12 x 25 swim @ r=10 • build each 25
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 • #1/#5: "push" 4 th 25 • #2/#6: "push" 3 rd 25 • #3/#7: "push" 2 nd 25 • #4/#8: "push" 1 st 25
REC	8 x 25 swim @ r=5
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 • "push" last 50 • "push" middle 50 • "push" first 50 • "push" first and last 25's
REC	8 x 25 swim @ r=5

Total = 2500