

DAY/DATE: MONDAY/JANUARY 4, 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	• 200 swim • 2 x 50 swim @ r=10 • 200 kick • 2 x 50 kick @ r=10
EN-1	12 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	• 25 @ 30 or r=5 ◦ 50 @ 60 or r=15 ▪ 75 @ 1:15 or r=15 • 100 @ 1:45 or r=15 ◦ 200 @ 3:30 or r=30 ▪ 300 @ 5:00 or r=30 • 400 @ 6:30 or r=30 ▪ 300 @ 5:00 or r=30 ◦ 200 @ 3:30 or r=30 • 100 @ 1:45 or r=15 ▪ 75 @ 1:15 or r=15 ◦ 50 @ 60 or r=15 • 25 @ 30 or r=5
REC	200: 25 scull with free kick/25 swim

Total = 3000

DAY/DATE: TUESDAY/JANUARY 5, 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 choice
EN-1 TO EN-2	<u>3 x thru:</u> • 1 x 200 swim @ 4:00 or r=30 ◦ 25 fly/75 back/25 breast/75 free • 4 x 50 swim @ 1:10 or r=15 ◦ 1 each stroke, IM order
EN-2	<u>3 x thru:</u> • 1 x 150 swim @ 3:15 or r=30 ◦ 50 fly/25 back/50 breast/25 free • 3 x 50 swim @ 1:10 or r=15 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 6, 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 TO EN-2	16 x 25 @ 40 or r=10 • 2 x 25 kick ◦ fast feet • 2 x 25 swim ◦ build
EN-1 TO EN-2	<u>3 x through:</u> • 2 x 100 pull @ 1:45 or r=15 ◦ breathe 3/5 by 50's • 4 x 50 @ 1:00 or r=10 ◦ 25 10-beat free/25 free • 1 x 200 free @ 4:00 or r=60 ◦ build kick
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 7, 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	10 x 50 kick @ 1:30 or r=15 • negative split
EN-1	10 x 25 stroke drill @ 50 or r=20
EN-1 TO EN-2	10 x 50 stroke @ 1:10 or r=15 • descend times 1-5, 6-10
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1 TO EN-2	10 x 25 stroke @ 45 or r=15 • descend times 1-5, 6-10
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JANUARY 8, 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 • 200 kick • 200 pull
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1/EN-3	<u>20-30 seconds rest between swims:</u> • 25 swim: hard effort ◦ 50 swim: negative split ▪ 75 swim: push last 25 • 100 swim: negative split ◦ 150 pull: moderate effort ▪ 200 swim: negative split ◦ 150 pull: moderate effort • 100 swim: negative split ▪ 75 swim: push last 25 ◦ 50 swim: negative split • 25 swim: hard effort
EN-1/EN-2	8 x 25 kick @ 45 or r=15 • 25 easy/25 moderate-hard
REC	300 choice

Total = 2500