

DAY/DATE: MONDAY/MARCH 14, 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 • 200 kick • 200 pull
EN-1 TO EN-2	• 3 x 100 pull @ 1:40 or r=10 ◦ moderately-fast tempo • 2 x 150 pull @ 2:30 or r=15 ◦ moderate effort • 1 x 300 pull @ 5:00 or r=30 ◦ DPS • 1 x 300 swim @ 5:00 or r=30 ◦ DPS • 2 x 150 swim @ 2:30 or r=15 ◦ moderate effort • 3 x 100 swim @ 1:40 or r=10 ◦ moderately-fast tempo
EN-1/EN-2	16 x 25 swim @ 30 or r=5-10 • 25 easy/25 fast
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 15, 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	400 choice
EN-1	4 x 100 pull @ 1:40 or r=10 • breathe 3/5/3/5 by 100's
EN-1	8 x 50 @ 1:10 or r=15 • 25 fly/25 back • alternate: 50 drill/50 swim
EN-1	8 x 50 @ 1:10 or r=15 • 25 back/25 breast • alternate: 50 drill/50 swim
EN-1	8 x 50 @ 1:10 or r=15 • 25 breast/25 free • alternate: 50 drill/50 swim
EN-1/EN-2	400 swim: every 4 th length fast!
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 16, 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	• 300 swim • 200 kick • 100 swim
EN-1	<u>2 x through:</u> • 2 x 50 free @ 60 or r=10 • 4 x 25 choice @ 45 or r=15
EN-1 TO EN-3	<u>2 x through:</u> • 4 x 150 @ 2:40 or r=20 ◦ descend pace by 50's ◦ e.g., 50 easy/50 moderate/50 fast • 1 x 100 @ 2:30 or r=45 ◦ easy freestyle
EN-1	400 pull: • breathe 3/5/3/5 by 50's
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 17, 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	• 200 swim • 200 kick • 200 pull
EN-1	4 x 50 kick @ 1:30 or r=10 • 1 each stroke
EN-1 TO EN-2	<u>4 x through (choose 1 stroke each round):</u> • 1 x 100 @ 2:15 or r=20 ◦ 25 drill/25 swim • 1 x 75 @ 1:45 or r=20 ◦ 25 scull w/ free kick/25 drill/25 swim • 1 x 50 swim @ 1:15 or r=15 ◦ build • 1 x 25 swim @ 1:00 or r=30 ◦ long & strong
EN-1	400 pull • breathe 3/5/3/5 by 100's
REC	6 x 50 swim @ 1:00 or r=15 • ascend times 1-6

Total = 2500

DAY/DATE: FRIDAY/MARCH 18, 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	6 x (25 swim/25 kick/50 drill)
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1	12 x 25 @ 40 or r=10 • 25 drill/25 build
EN-3	10 x 50 swim @ 1:00 or r=10-20 • odd 50's: fast! • even 50's: easy
REC	8 x 25 scull with free kick @ r=5
EN-3	10 x 25 swim @ 45 or r=10-20 • odd 25's: fast! • even 25's: easy
EN-1	2 x (25 scull/25 glide/25 pull)
REC	300 swim: ascend pace by 100's

Total = 2500