

DAY/DATE: MONDAY/MARCH 21, 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	<u>1st set pull, 2nd set swim:</u> • 2 x 4 x 100 @ 1:45 or r=15 ◦ 2 x 3 x 100 @ 1:40 or r=10 ▪ 2 x 2 x 100 @ 1:35 or r=5-10 • 2 x 1 x 100 @ 1:30 or r=5
EN-1/EN-2	8 x 25 swim @ r=10 • 25 easy/25 fast
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 22, 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 • 200 pull
EN-1	24 x 25 @ 40 or r=10 <u>8 x through:</u> • 25 kick/25 drill/25 swim • IM order
EN-1	4 x 150 pull (or swim) @ 2:30 or r=15 • breathe 3/5/3 by 50's
EN-2	12 x 50 swim @ 1:05 or r=15 <u>4 x through:</u> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 23, 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	400 choice
EN-1	8 x 50 @ 1:00 or r=10 • 25 drill/25 swim
EN-1 TO EN-3	<u>4 x through:</u> • 1 x 150 pull @ 2:30 or r=15 ◦ breathe 3/3/5 by 50's • 2 x 75 swim @ 1:30 or r=15 ◦ 25 build/25 fast/25 DPS • 3 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3
EN-1 TO REC	8 x 50 @ r=10 • odd 50's: 25 scull/25 glide • even 50's: pull

Total = 3000

DAY/DATE: THURSDAY/MARCH 24, 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 (25 scull/25 pull)
EN-1 TO EN-2	<u>3 x through:</u> • 4 x 25 kick @ 45 or r=10 ◦ descend times 1-4 • 4 x 50 @ 1:05 or r=10-20 ◦ 25 stroke/25 free ◦ descend times 1-4 • 4 x 75 swim @ 1:45 or r=15-20 ◦ #1: 75 free ◦ #2: 50 free/25 stroke ◦ #3: 25 free/50 stroke ◦ #4: 75 stroke
REC	12 x 25 @ r=5 • 25 scull/25 pull

Total = 2500

DAY/DATE: FRIDAY/MARCH 25, 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	4 x (25 kick/25 drill/50 swim)
EN-1/EN-2	8 x 25 kick @ 45 or r=10 • 25 easy/25 fast
EN-1	4 x 150 pull @ 2:30 or r=15 • breathe 3/5/3 by 50's
EN-3/REC	• 8 x 25 swim @ 45 or r=20 ◦ all fast! • 1 x 200 swim ◦ easy • 8 x 25 swim @ 45 or r=20 ◦ all fast! • 1 x 200 swim ◦ easy
EN-1/EN-3	400 swim • every 4 th length fast!
REC	100 swim

Total = 2500