

DAY/DATE: MONDAY/APRIL 11, 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	• 1 x 500 pull @ 8:20 or r=50 ◦ breathe 3/5/3/5/3 by 100's • 10 x 50 swim @ 1:00 or r=15 ◦ descend times 1-5, 6-10 • 1 x 400 pull @ 6:40 or r=40 ◦ breathe 3/5/3/5 by 100's • 8 x 50 swim @ 1:00 or r=15 ◦ descend times 1-4, 5-8 • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's • 6 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3, 4-6
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/APRIL 12, 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	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-1 TO EN-2	2 x 300 IM @ r=30 seconds • #1: 4 x (25 kick/25 drill/25 swim) • #2: 4 x (25 drill/50 swim)
EN-1	5 x 50 swim @ 1:05 or r=15 • 1 each stroke, 1 choice
EN-1 TO EN-2	5 x 50 swim @ 1:00 or r=10 • 1 each stroke, 1 choice
EN-2	5 x 50 swim @ 55 or r=5 • 1 each stroke, 1 choice
REC	150 swim

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 13, 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	6 x 250 @ 4:50 or r=20 • <u>alternate</u>: 250 pull, 250 swim • descend times 1-3 (3 pulls, 3 swims)
EN-1 TO EN-2	24 x 25 swim @ 30 or r=5-10 <u>8 x through</u> : #1: relaxed, count strokes #2: faster pace, hold same stroke count #3: even faster pace, hold same stroke count
REC	6 x 50 @ r=10 • 25 scull/25 glide stroke

Total = 3000

DAY/DATE: THURSDAY/APRIL 14, 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 drill • 200 pull
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1	8 x 25 @ r=5 • 25 scull with free kick/25 swim
EN-2	8 x 75 @ 2:00 or r=20-30 <u>2 x through (one stroke for each round):</u> • 75 kick • 25 kick/50 swim • 50 kick/25 swim • 75 swim
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=15 • 25 back/25 breast
EN-1 TO EN-2	8 x 25 swim @ 40 or r=10 • 25 stroke/25 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/APRIL 15, 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 • 4 x 50 (25 drill/25 swim) @ r=10 • 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-3	<u>3 x through:</u> • 2 x 25 kick @ 45 or r=10 ◦ fast feet! • 3 x 50 @ 1:15 or r=20 ◦ 25 drill/25 swim • 4 x 75 swim @ 2:00 or r=45 ◦ increase stroke tempo within each 75
EN-3	<u>4 x BTF's (each "BTF" consists of 1 x 12.5, 1 x 25, and 1 x 12.5):</u> • B=breakout with 3 strokes fast • ~20 seconds rest • T=fast turn • ~20 seconds rest • F=fast finish • ~40 seconds rest
REC	8 x 25 @ r=5 • 25 scull with flutter kick/25 swim

Total = 2500