

DAY/DATE: MONDAY/APRIL 18, 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 • 200 kick • 100 pull
EN-1 TO EN-2	<u>4 x through:</u> • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's ◦ moderate effort • 1 x 150 swim @ 2:30 or r=15 ◦ descend times 1-4 • extra 30 seconds between rounds
EN-1/EN-2	400 kick: every 3 rd length fast!
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/APRIL 19, 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 • 200 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	12 x 75 @ 2:00 or r=30 <u>3 x thru:</u> • 75 kick: all fly • 75: 50 back kick/25 breast swim • 75: 25 back swim/50 breast kick • 75 swim: 25 back/25 breast/25 free
EN-1	12 x 25 swim @ 40 or r=10 • 100 IM order
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 20, 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, 200 swim
EN-1	12 x 50 @ 1:10 or r=15 • 25 10-beat back/25 back • 50 corkscrew (4 strokes free, 5 strokes back) • 25 10-beat free/25 free
EN-1 TO EN-3	<u>2 x through:</u> <i>Goal: 200 faster than 200 split of 300, 100 faster than 100 split of 200, 50 faster than 50 split of 100</i> • 1 x 300 swim @ 5:00 or r=30 ◦ 1 x 200 swim @ 3:30 or r=30 ▪ 1 x 100 swim @ 1:45 or r=15 • 1 x 50 swim @ 1:30 or r=50
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/APRIL 21, 2016

FOCUS: BREASTSTROKE

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 10-beat freestyle/25 freestyle)
EN-1	4 x 50 kick @ 1:20 or r=15 • 25 easy/25 fast
EN-1	<u>3 x through:</u> • 4 x 25 @ 45 or r=15 ◦ cobra drill with fins (freestyle kick, breaststroke arms) • 4 x 50 @ 1:15 or r=15 ◦ 25 breast drill/25 breast swim • 1 x 300 pull @ 5:00 or r=30 ◦ breathe every 3rd stroke
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/APRIL 22, 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	400 choice
EN-1	6 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-2	• 8 x 25 swim (build) @ 40 or r=15 • 1 x 100 swim (easy) @ 2:00 or r=20 • 4 x 25 swim (build) @ 35 or r=10 • 1 x 100 swim (easy) @ 2:00 or r=20 • 2 x 25 swim (build) @ 30 or r=5
EN-2 TO EN-3	<u>3 x 3 x 100 swim @ 2:15 or r=30-45</u> • rnd 1: goal is @ best time + 20 sec's • extra 60 seconds rest • rnd 2: goal is @ best time + 15 sec's • extra 60 seconds rest • rnd 3: goal is 3 @ best time + 10 sec's
REC	200 choice

Total = 2500