

DAY/DATE: MONDAY/APRIL 25, 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 • 100 kick • 200 pull
EN-1	4 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	• 100 @ 1:45 or r=15 ◦ 200 @ 3:15 or r=15 ▪ 400 @ 6:30 or r=30 • 800 @ 13:00 or r=60 • 100 @ 1:45 or r=15
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/APRIL 26, 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 swim • 4 x 50 kick @ r=10 ◦ 1 each stroke
EN-1 TO EN-2	• 8 x 25 breast @ 40 or r=10 ◦ 25 drill/25 swim • 4 x 100 @ 2:00 or r=20 ◦ 50 free/25 breast/25 free • 8 x 25 back @ 40 or r=10 ◦ 25 drill/25 swim • 4 x 100 @ 2:00 or r=20 ◦ 25 free/25 back/25 breast/25 free • 8 x 25 fly @ 40 or r=10 ◦ 25 drill/25 swim • 4 x 100 IM @ 2:10 or r=20
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 27, 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	• 8 x 25 kick @ 45 or r=10 ◦ 25 build kick/25 fast kick • 8 x 25 swim @ 30 or r=10 ◦ DPS
EN-1 TO EN-3	<u>3 x through:</u> • 2 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5/3/5 by 25's • 4 x 50 swim @ 60 or r=15 ◦ negative split • 1 x 200 swim @ 3:40 or r=40 ◦ build speed
REC	8 x 25 @ r=5 • 25 scull with kick/25 swim

Total = 3000

DAY/DATE: THURSDAY/APRIL 28, 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	• 300 swim • 3 x 100 @ r=15 ◦ 25 drill/25 swim • 6 x 50 @ r=15 ◦ 25 drill/25 swim
EN-2	<u>Choose one stroke:</u> • 4 x 75 swim @ 1:45 or r=30 ◦ extra 30 seconds rest ▪ 4 x 50 swim @ 1:00 or r=15 • extra 30 seconds rest ◦ 4 x 25 swim @ 30 or r=5 ▪ extra 60 seconds rest • 8 x 50 kick @ 1:15 or r=15
EN-1 TO REC	• 300 pull: breathe 3/5/3 by 100's • 3 x 100 pull @ r=10 ◦ ascend pace

Total = 2500

DAY/DATE: FRIDAY/APRIL 29, 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 • 2 x 50 swim @ r=10 • 200 kick • 2 x 50 kick @ r=10
EN-1	• 4 x 75 @ 1:40 or r=20 • 25 drill/25 DPS/25 build
EN-1 TO EN-3	• 12 x 50 swim @ 1:00 or r=15 ◦ every 3rd 50 fast! • 100 easy • 8 x 50 swim @ 1:15 or r=30 ◦ every 2nd 50 fast! • 100 easy • 4 x 50 swim @ 1:30 or r=45 ◦ all 50's fast!
REC	200 choice

Total = 2500