

DAY/DATE: MONDAY/APRIL 4, 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	4 x (50 swim/25 kick/25 choice)
EN-1	6 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-3	1 x 400 swim @ 7:00 or r=60 • negative split 12 x 25 swim @ 30 or r=10 • at 500 race pace! 2 x 200 swim @ 3:30 or r=30 • negative split each 200 6 x 50 swim @ 1:00 or r=15 • at 500 race pace! 4 x 100 swim @ 1:45 or r=15 • negative split each 100 12 x 25 swim @ 30 or r=10 • at 500 race pace!
REC	200 swim

Total = 3000

DAY/DATE: TUESDAY/APRIL 5, 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	• 6 x 50 (25 swim/25 drill] @ r=10 • 6 x 50 (25 drill/25 kick] @ r=10 • 6 x 50 (25 scull/25 pull] @ r=10
EN - 2	• 25 fly @ 40 or r=10 • 50 (25 fly/25 back) @ 1:10 or r=15 • 75 (25 fly/25 back/25 breast) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 back @ 40 or r=10 • 50 (25 back/25 breast) @ 1:10 or r=15 • 75 (25 back/25 breast/25 free) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 breast @ 40 or r=10 • 50 (25 breast/25 free) @ 1:10 or r=15 • 75 (25 breast/25 free/25 fly) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 free @ 40 or r=10 • 50 (25 free/25 fly) @ 1:10 or r=15 • 75 (25 free/25 fly/25 back) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40
EN-1 TO REC	• 4 x 75 pull or swim @ 1:30 or r=15 • 4 x 50 pull or swim @ 1:00 or r=15 • 4 x 25 pull or swim @ 40 or r=10

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 6, 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	500 choice
EN-1	8 x 50 @ 1:10 or r=20 • 25 kick/25 swim
EN-1 TO EN-3	<u>3 x through</u> (descend pace as distance gets shorter): • 1 x 200 swim @ 3:20 or r=20 ◦ 1 x 150 swim @ 2:30 or r=15 ▪ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:30 or r=45
EN-1	8 x 50 @ 1:10 or r=20 • 25 swim/25 kick
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/APRIL 7, 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
EN-1	12 x 25 @ r=10 • 25 scull/25 pull
EN-1 TO EN-2	<u>3 x through:</u> • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's • 6 x 25 kick @ 45 or r=10 ◦ fly, back, or breast • 1 x 150 swim @ 3:00 or r=30 ◦ 50 free/50 stroke/50 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/APRIL 8, 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	5 x (50 swim/25 kick/25 drill)
EN-1	10 x 25 swim @ 40 or r=15 • 25 DPS/25 build
EN-3/REC	10 x 50 swim @ 1:10 or r=20 <u>Alternate:</u> • 50 @ 200 race pace +1 second • 50 easy
EN-1	500 pull • breathe 3/5/3/5/3 by 100's
EN-3/REC	10 x 25 swim @ 45 or r=20 <u>Alternate:</u> • 25 @ 100 race pace +1 second • 25 easy
EN-1 TO REC	10 x 50 pull or swim @ r=10 • ascend times 1-10

Total = 2500