

DAY/DATE: MONDAY/MAY 2, 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 (25 drill/25 swim)
EN-1 TO EN-2	<u>2 x through:</u> • 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:45 or r=15 ◦ descend times 1-4 • 8 x 50 swim @ 1:00 or r=15 ◦ 25 build/25 "DPS" (max. distance/stroke) • extra 30 seconds rest
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/MAY 3, 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	16 x 25 @ 45 or r=10 • 25 kick/25 swim/25 drill/25 swim • 1 round each stroke • reverse IM order
EN-2	Milt Nelms Axis Swim <u>6 x through:</u> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-1	16 x 25 @ 45 or r=10 • 25 kick/25 swim/25 drill/25 swim • 1 round each stroke • IM order
REC	50 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 4, 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 TO EN-3	• 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 1 x 200 swim @ 3:30 or r=30 ◦ negative split • 4 x 50 swim @ 1:00 or r=15 ◦ descend times 1-4 • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's • 1 x 150 swim @ 2:30 or r=20 ◦ negative split • 3 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3 • 1 x 200 pull @ 3:30 or r=30 ◦ breathe 3/5/3/5 by 50's • 1 x 100 swim @ 1:45 or r=15 ◦ negative split • 2 x 50 swim @ 1:00 or r=15 ◦ 25 easy/25 fast
EN-1 TO EN-2	12 x 50 swim @ 1:10 or r=20 • choose one stroke for each set of 3 x 50 • <u>golf score</u> = time + # of strokes • lowest score wins!
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 5, 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 kick • 100 pull
EN-1	10 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-1 TO EN-2	500 swim <u>alternate:</u> • 50 back • 50 free
EN-1	20 x 25 swim @ 40 or r=15 <u>4 x through:</u> • 3 strokes fly, easy free • 4 strokes fly, easy free • 5 strokes fly, easy free • all fly • all free
EN-1 TO EN-2	18 x 25 swim @ 40 or r=15 <u>6 x through:</u> • 25 build • 25 fast • 25 "DPS" (max. distance per stroke)
REC	50 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 6, 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 • 200 kick • 200 pull
EN-1	8 x 50 @ r=10 <u>alternate:</u> • 25 kick/25 swim • 25 drill/25 swim
REC TO EN-3	<u>3 x through:</u> • 4 x 50 swim @ r=10 ◦ #1=25 easy/25 fast ◦ #2=25 fast/25 easy ◦ #3=50 easy ◦ #4=50 fast (~90%) • 2 x 50 swim (fast, ~95%) @ r=30 • 1 x 100 swim (build) @ r=10 • 1 x 100 swim (easy) @ r=60

Total = 2500