

DAY/DATE: MONDAY/JUNE 13, 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 • 200 kick • 200 pull • 200 swim
EN-1	<u>2 x through:</u> • 2 x 50 @ r=10 ◦ 25 drill/25 swim • 2 x 100 @ r=20 ◦ 25 scull/25 pull
EN-1 TO EN-2	<u>3 x 500 @ r=45</u> • #1: pull with buoy and band • #2: pull with buoy • #3: swim
REC	100 easy

Total = 3000

DAY/DATE: TUESDAY/JUNE 14, 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	• 300 swim • 200 IM kick • 100 IM drill
EN-1	2 x 300 pull @ 4:45 or r=15 • breathe 3/5/3 by 100's
EN-2	8 x 75 swim @ 1:30 or r=20 <u>2 x through:</u> • 25 fly/50 free • 25 free/25 back/25 free • 50 free/25 breast • 25 fly/25 back/25 breast
EN-3/REC	20 x 25 swim with fins @ 45 or r=20 • 1/2 length underwater dolphin kick <i>fast</i>/swim <i>easy</i> to wall
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 15, 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	<u>3 x through:</u> • 200 swim • 100 kick
EN-1	• 4 x 25 pull @ 30 or r=5 ◦ breathe 3/5 by 25's ▪ 4 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's ◦ 4 x 75 pull @ 1:30 or r=15 ▪ breathe 3/5/3 by 25's
EN-1 TO EN-2	• 4 x 150 swim @ 2:45 or r=30 ◦ descend times 1-4 ▪ 4 x 100 swim @ 1:45 or r=15 • descend times 1-4 ◦ 4 x 50 swim @ 60 or r=15 ▪ same pace as 4th 100 • 4 x 25 swim @ 30 or r=5-10 ◦ all fast
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JUNE 16, 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	<u>4 x through:</u> • 100 swim • 50 kick
EN-1	400 pull: breathe 3/4/5/3 by 100's
EN-1	4 x 50 stroke drill @ r=10
EN-1 TO EN-2	• 3 x 100 @ 2:00 or r=20 ◦ 25 "stroke"/75 free ▪ 3 x 100 @ 2:10 or r=20 • 50 "stroke"/50 free ◦ 3 x 100 @ 2:20 or r=20 ▪ 75 "stroke"/25 free • 3 x 100 @ 2:30 or r=20 ◦ 100 "stroke"
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/JUNE 17, 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 swim • 200 kick • 2 x 75 @ r=15 ◦ 25 kick/25 drill/25 swim • 2 x 50 @ r=10 ◦ 25 scull/25 pull
EN-3	1 x 150 swim @ 2:30 or r=20 • fast!
REC	300 <i>easy</i> swim
SP-1	2 x 75 swim @ 1:30 or r=30 • fast!
REC	300 <i>easy</i> swim
SP-1	2 x 50 swim @ 60 or r=20 • fast!
REC	300 <i>easy</i> swim
SP-1	2 x 25 swim @ 45 or r=20 • fast!
REC	300 <i>easy</i> swim

Total = 2500