

DAY/DATE: MONDAY/JUNE 6, 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
EN-1 TO EN-2	• 6 x 100 pull @ 1:40 or r=10 ◦ descend times 1-3, 4-6 • 2 x 300 swim @ 5:00 or r=30 ◦ negative split each 300 • 1 x 600 pull @ 9:30 or r=30 ◦ negative split • 4 x 150 swim @ 2:30 or r=15 ◦ descend times 1-4
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/JUNE 7, 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 kick 100 pull
EN-1	12 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	<u>16 x 75 @ 1:45 or r=20</u> • 75 fly kick ◦ 25 back kick/25 breast kick/25 free ▪ 25 back kick/25 breast/25 free • 75 swim: 25 back/25 breast/25 free • 75 back kick ◦ 25 breast kick/25 free kick/25 fly ▪ 25 breast kick/25 free/25 fly • 75 swim: 25 breast/25 free/25 fly • 75 breast kick ◦ 25 free kick/25 fly kick/25 back ▪ 25 free kick/25 fly/25 back • 75 swim: 25 free/25 fly/25 back • 75 free kick ◦ 25 fly kick/25 back kick/25 breast ▪ 25 fly kick/25 back/25 breast • 75 swim: 25 fly/25 back/25 breast
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 8, 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	• 300 swim • 6 x 50 @ r=10 ◦ 25 scull/25 pull
EN-1 TO EN-3	<u>2 x through:</u> • 1 x 200 pull @ 3:30 or r=30 ◦ moderate pace • 2 x 100 swim @ 1:45 or r=15 ◦ build each to 800 race pace • 4 x 50 swim @ 1:00 or r=15 ◦ at 800 race pace (somewhat hard) • 8 x 25 swim @ 30 or r=10 ◦ at 400 race pace (hard) • extra 30 seconds rest
EN-1/EN-2	12 x 50 swim @ 1:00 or r=15 • fast in and out of turns! • easy between flags • fast finish!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JUNE 9, 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 TO EN-1	• 500 swim • 6 x 50 @ r=15 ◦ 25 drill/25 swim
EN-1 TO EN-2	<u>3 x through (choose one stroke per round):</u> • 1 x 100 kick @ 2:30 or r=15 • 2 x 75 @ 2:00 or r=20 ◦ 50 drill/25 swim ◦ 25 drill/50 swim • 3 x 50 @ 1:15 or r=20 ◦ 25 drill/25 swim ◦ 25 swim/25 drill ◦ 50 swim • 4 x 25 swim @ 45 or r=15
EN-1 TO REC	8 x 25 swim @ r=10 • ascend times 1-8

Total = 2500

DAY/DATE: FRIDAY/JUNE 10, 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	12 x 25 (25 scull/25 glide/25 pull) @ r=5
EN-2 TO EN-3	<u>2 x through:</u> • 1 x 150 swim @ 3:00 or r=45 ◦ moderate, 70% effort • 2 x 75 swim @ 1:45 or r=30 ◦ strong, 80% effort • 8 x 25 swim @ 45 or r=20 ◦ strong, 90% effort
EN-1	200 kick
EN-1 TO EN-2	12 x 25 swim @ 40 or r=15 • 25 DPS/25 build/25 fast breakout
REC	100 easy

Total = 2500