

DAY/DATE: MONDAY/JULY 11, 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	400 swim
EN-1	10 x 50 pull @ 55 or r=10 • breathe: (3/5/7/5/3) x 2
EN-1 TO EN-2	2 x 500 swim or pull @ 8:00 or r=30 • 25 easy/25 fast/50 easy/50 fast/75 easy/ 75 fast/100 easy/100 fast
EN-1 TO EN-2	4 x 250 swim @ 4:00 or r=20 • 50 easy/50 fast/50 easy/50 fast/25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JULY 12, 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	600 choice
EN-1	8 x 50 kick @ r=10 • 2 of each stroke
EN-2	16 x 25 @ 40 or r=10 • 25 drill/25 swim • 4 of each stroke
EN-1 TO EN-2	• 25 fly @ 30 or r=5 ◦ 25 fly/25 back @ 1:10 or r=20 ▪ 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:10 or r=30 ▪ 25 fly/25 back/25 breast @ 1:40 or r=20 ◦ 25 fly/25 back @ 1:10 or r=20 • 25 fly @ 30 or r=5 • 100 easy @ 3:00 • 25 free @ 30 or r=10 ◦ 25 breast/25 free @ 1:10 or r=20 ▪ 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:10 or r=30 ▪ 25 back/25 breast/25 free @ 1:40 or r=20 ◦ 25 breast/25 free @ 1:10 or r=20 • 25 free @ 30 or r=10
REC	200 swim

Total = 2500

DAY/DATE: WEDNESDAY/JULY 13, 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 • 4 x 50 kick @ r=10
EN-1	8 x 75 pull @ 1:20 or r=10 • breathe 3/5/3 by 25's
EN-2	8 x 50 swim @ 1:05 or r=20 • first 1/3 of each 25: underwater dolphin kick
EN-1/EN-2	10 x 125 swim @ 2:30 or r=30 <u>2 x through:</u> • "push" last 25 • "push" last 50 • "push" last 75 • "push" last 100 • "push" 125
EN-2	8 x 25 swim @ 30 or r=5 • 25 easy/25 fast
REC	150 swim

Total = 3000

DAY/DATE: THURSDAY/JULY 14, 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	500 swim
EN-1	10 x 25 kick @ r=10 • fly, back, or breast
EN-1	500 pull • breathe 3/5/7/5/3 by 100's
EN-1	10 x 25 drill @ r=10 • fly, back, or breast
EN-1	250 swim • moderate pace • no breathing in/out of turns
EN-2	10 x 25 swim @ r=10 • fly, back, or breast
EN-1	500 pull • breathe 3/5/3/5/3 by 100's

Total = 2500

DAY/DATE: FRIDAY/JULY 15, 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 TO EN-1	• 200 swim • 2 x 50 (25 drill/25 swim) @ r=10 • 200 kick • 2 x 50 (25 kick/25 swim) @ r=10 • 200 pull • 2 x 50 (25 drill or kick/25 swim) @ r=10
EN-1	• 4 x 75 @ r=15 • 25 kick/25 drill/25 build
EN-2/EN-3 TO REC	• 8 x 50 free @ 1:00 or r=15 ◦ fastest possible average • 100 swim or pull easy @ 4:00 • 6 x 50 "stroke" @ 1:15 or r=20 ◦ fastest possible average • 100 swim or pull easy @ 4:00 • 4 x 50 free @ 1:10 or r=30 ◦ fastest possible average • 100 swim or pull easy @ 4:00 • 2 x 50 "stroke" @ 1:30 or r=50 ◦ fastest possible average
REC	100 choice

Total = 2500