

DAY/DATE: MONDAY/JULY 18, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 100 pull</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 500 pull @ 7:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/7/5/3 by 100's</li></ul></li><li>• 2 x 250 swim @ 4:15 or r=30<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 1 x 300 pull @ 4:50 or r=20<ul style="list-style-type: none"><li>◦ breathe 3/5/7 by 50's</li></ul></li><li>• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ negative split</li></ul></li></ul>
REC	4 x 25 glide stroke @ r=5

Total = 3000

DAY/DATE: TUESDAY/JULY 19, 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	500 choice
EN-1	16 x 25 @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 kick/25 drill</li><li>• IM order</li></ul>
EN-2	<ul style="list-style-type: none"><li>• 1 x 200 IM @ 4:00 or r=40<ul style="list-style-type: none"><li>◦ work the back and free 50's</li></ul></li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ 25 fly/25 back</li></ul></li><li>• 1 x 200 IM @ 4:00 or r=40<ul style="list-style-type: none"><li>◦ swim as 2 x 100 IM's</li></ul></li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ 25 back/25 breast</li></ul></li><li>• 1 x 200 IM @ 4:00 or r=40<ul style="list-style-type: none"><li>◦ work the fly and breast 50's</li></ul></li><li>• 4 x 50 swim @ 1:10 or r=20<ul style="list-style-type: none"><li>◦ 25 breast/25 free</li></ul></li></ul>
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 20, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5/7 by 50's</li></ul>
EN-1 TO EN-2	<u>3 x through:</u> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 1 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ faster pace than 200</li></ul></li><li>• 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ faster pace than 150</li></ul></li><li>• 1 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none"><li>◦ fastest pace</li></ul></li></ul>
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 3000

DAY/DATE: THURSDAY/JULY 21, 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 choice
EN-1	10 x 50 "stroke" @ 1:10 or r=15 • 25 drill/25 swim
EN-1 TO EN-2	<u>3 x through:</u> <i>One "stroke" per round</i> <ul style="list-style-type: none"><li>• 2 x 75 @ 1:45 or r=20<ul style="list-style-type: none"><li>◦ 25 kick/25 drill/25 swim</li></ul></li><li>• 2 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 75 faster than 1<sup>st</sup></li></ul></li></ul>
EN-1 TO EN-2	10 x 50 swim @ 1:00 or r=10 • 25 free/25 "stroke"
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JULY 22, 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	3 x (150 swim/50 kick)
EN-1	<u>4 x through:</u> <ul style="list-style-type: none"><li>• 1 x 50 @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 4 x 25 swim @ 30 or r=5<ul style="list-style-type: none"><li>◦ build each 25</li></ul></li></ul>
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"><li>• odd 50's: "DPS"</li><li>• even 50's: build by 12.5's</li></ul>
EN-2 TO EN-3	4 x 3 x 25 swim @ 45 or r=20 <u>Each set of 3 x 25:</u> <ul style="list-style-type: none"><li>• #1: "DPS"</li><li>• #2: @ 200 race pace, hold same # strokes + 1</li><li>• #3: @ max speed, hold same # strokes + 2</li></ul>
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"><li>• odd 50's: "DPS"</li><li>• even 50's: build by 12.5's</li></ul>
REC	200 swim

Total = 2500