

DAY/DATE: MONDAY/APRIL 3, 2017

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            |

|           |                                                                                                                                                                                                                                                                               |
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| 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 by 25's</li></ul>                                                                                                                                                                               |
| EN-1      | 10 x 50 @ 1:00 or r=15<br><u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 single-arm free/25 swim</li><li>• 25 10-beat free/25 swim</li><li>• 25 catch-up free/25 swim</li><li>• 25 human stroke ("long dog")/25 swim</li><li>• 25 "10-10-3"/25 swim</li></ul>    |
| EN-1/EN-3 | <u>1000 swim:</u> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li><li>• 50 easy/50 fast</li><li>• 75 easy/75 fast</li><li>• 100 easy/100 fast</li><li>• 100 easy/100 fast</li><li>• 75 easy/75 fast</li><li>• 50 easy/50 fast</li><li>• 25 easy/25 fast</li></ul> |
| REC       | 12 x 25 swim @ r=5 <ul style="list-style-type: none"><li>• 25 scull w/ flutter kick/25 swim</li></ul>                                                                                                                                                                         |

Total = 3000

DAY/DATE: TUESDAY/APRIL 4, 2017

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            |

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|-----------------|----------------------------------------------------------------------------------------------------------------------------------|
| REC             | 400 choice                                                                                                                       |
| EN-1            | 8 x 50 pull @ 55 or r=10<br>• breathe 3/5 by 25's                                                                                |
| EN-2            | 12 x 25 @ 40 or r=10<br>• 25 kick/25 drill/25 swim                                                                               |
| EN-1 TO<br>EN-2 | <u>4 x thru (continuously):</u><br>• 25 back<br>• 25 fly<br>• 25 back<br>• 25 breast<br>• 25 free<br>• 25 free<br>• 25 free      |
| EN-1 TO<br>EN-2 | <u>4 x thru:</u><br>• 1 x 50 swim @ 1:05 or r=15<br>◦ IM order (rnd 1=fly, rnd 2=bk, rnd 3=br...)<br>• 1 x 100 IM @ 2:15 or r=30 |
| REC             | 100 choice                                                                                                                       |

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 5, 2017

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            |

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| REC          | <b>400 choice</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| EN-1         | <b>16 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| EN-1 TO EN-3 | <ul style="list-style-type: none"><li>• 8 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• 8 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li><li>• 6 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-3, 4-6</li></ul></li><li>• 6 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3, 4-6</li></ul></li><li>• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 4 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 2 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-2</li></ul></li><li>• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ all fast</li></ul></li></ul> |
| REC          | <b>200 choice</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

Total = 3000

DAY/DATE: THURSDAY/APRIL 6, 2017

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            |

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| REC             | 500 choice                                                                                                                                                                                                                                                                                                                                                                                             |
| EN-1            | 20 x 25 @ 40 or r=10<br>5 x thru: <ul style="list-style-type: none"><li>• 2 x 25 drill</li><li>• 2 x 25 swim</li></ul>                                                                                                                                                                                                                                                                                 |
| EN-1 TO<br>EN-2 | 2 x thru (choose one "stroke" each round): <ul style="list-style-type: none"><li>• 100 kick @ 2:15 or r=10<ul style="list-style-type: none"><li>▪ 75 kick/25 swim @ 2:15 or r=15<ul style="list-style-type: none"><li>◦ 50 kick/50 swim @ 2:15 or r=20</li></ul></li><li>• 25 kick/75 swim @ 2:15 or r=25<ul style="list-style-type: none"><li>▪ 100 swim @ 2:15 or r=30</li></ul></li></ul></li></ul> |
| EN-1 TO<br>EN-2 | 16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 "stroke"/25 free</li></ul>                                                                                                                                                                                                                                                                                                        |
| REC             | 100 swim                                                                                                                                                                                                                                                                                                                                                                                               |

Total = 2500

DAY/DATE: FRIDAY/APRIL 7, 2017

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            |

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| REC TO<br>EN-1  | <ul style="list-style-type: none"><li>• 4 x 75 @ r=10<ul style="list-style-type: none"><li>◦ 25 drill/50 swim</li></ul></li><li>• 6 x 50 @ r=10<ul style="list-style-type: none"><li>◦ 25 kick/25 swim</li></ul></li></ul>                                                                                                                                                                                                                                |
| EN-1            | 12 x 25 @ r=10 <ul style="list-style-type: none"><li>• 25 scull with flutter kick/25 build</li></ul>                                                                                                                                                                                                                                                                                                                                                      |
| EN-1 TO<br>EN-3 | <u>3 x thru:</u> <ul style="list-style-type: none"><li>• 2 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none"><li>◦ 50 DPS/25 build</li></ul></li><li>• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 25 swim @ 30 or r=10<ul style="list-style-type: none"><li>◦ fast!</li></ul></li><li>• 1 x 100 swim @ 3:00 or r=60<ul style="list-style-type: none"><li>◦ easy</li></ul></li></ul> |
| REC             | 400 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                |

Total = 2500