

DAY/DATE: MONDAY/MARCH 13, 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

REC	• 300 swim • 8 x 25 (25 drill/25 swim) @ r=10
EN-1 TO EN-2	• 1 x 600 swim or pull @ 9:30 or r=30 ◦ moderate pace • 1 x 400 swim @ 6:20 or r=20 ◦ moderate pace • 1 x 200 swim @ 3:20 or r=20 ◦ moderate pace • 1 x 200 swim @ 3:20 or r=20 ◦ faster than previous 200 • 1 x 400 swim @ 6:20 or r=20 ◦ faster than previous 400 • 1 x 600 swim or pull @ 9:30 or r=30 ◦ faster than previous 600
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 14, 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

REC	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 @ 1:05 or r=15 • 25 kick/25 drill • 2 each stroke, IM order
EN-1 TO EN-2	<u>4 x through:</u> • 1 x 100 IM @ 2:00 or r=20 • 3 x 50 swim @ 1:00 or r=10 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 1 x 100 easy freestyle @ 2:30 or r=60
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 15, 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

REC	300 choice
EN-1	8 x 25 @ r=5 • 25 scull with free kick/25 swim
EN-1 TO EN-2	• 1 x 300 pull @ 5:00 or r=30 • 4 x 25 swim @ 30 or r=10 • 1 x 200 pull @ 3:30 or r=30 • 4 x 50 swim @ 55 or r=10 • 1 x 100 pull @ 1:45 or r=15 • 4 x 75 swim @ 1:15 or r=10 • 1 x 300 pull @ 5:00 or r=30 • 4 x 75 swim @ 1:15 or r=10 • 1 x 200 pull @ 3:30 or r=30 • 4 x 50 swim @ 55 or r=10 • 1 x 100 pull @ 1:45 or r=15 • 4 x 25 swim @ 30 or r=10
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 16, 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

REC TO EN-1	• 300 swim • 6 x 50 @ r=10 ◦ alternate: 50 kick, 50 drill
EN-1	8 x 25 "stroke" @ 40 or r=10 • alternate: 2 x 25 kick, 2 x 25 swim
EN-1 TO EN-2	8 x 50 "stroke" @ 1:05 or r=15 • alternate: 50 drill, 50 swim
EN-2	8 x 75 swim @ 1:30 or r=15 • 50 "stroke"/25 free
EN-2	8 x 50 swim @ 1:05 or r=15 • 25 "stroke"/25 free
EN-2	8 x 25 "stroke" @ 40 or r=10 • build each 25
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/MARCH 17, 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

REC	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-3	• 25 swim (hard effort) @ 30 or r=10 • 50 swim (negative split) @ 1:00 or r=15 • 75 swim (push last 25) @ 1:30 or r=20 • 100 swim (negative split) @ 2:00 or r=30 • 150 swim (push last 50) @ 2:30 or r=30 • 200 swim (easy effort) @ 4:00 or r=30 • 150 swim (push last 50) @ 2:30 or r=30 • 100 swim (negative split) @ 2:00 or r=30 • 75 swim (push last 25) @ 1:30 or r=20 • 50 swim (negative split) @ 1:00 or r=15 • 25 swim (hard effort) @ 30 or r=10
EN-1 TO EN-2	8 x 25 swim @ 40 or r=15 • 25 easy/25 moderate-hard
REC	300 choice

Total = 2500