

DAY/DATE: MONDAY/MARCH 20, 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 25 kick @ r=10 • build each 25
EN-1 TO EN-2	<u>3 x through:</u> • 1 x 100 pull @ 1:40 or r=10 ▪ 1 x 150 swim @ 2:30 or r=15 ◦ 1 x 200 pull @ 3:20 or r=20 ▪ 1 x 150 swim @ 2:30 or r=15 • 1 x 100 pull @ 2:00 or r=30
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 21, 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	400 choice
EN-1	6 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	12 x 25 @ 40 or r=10 <u>4 x through:</u> • 25 kick • 25 drill • 25 swim
EN-1 TO EN-2	<u>3 x through:</u> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:00 or r=10 • 25 fly/25 back/25 breast @ 1:30 or r=15 • 100 IM @ 2:00 or r=20 • 25 back/25 breast/25 free @ 1:30 or r=15 • 25 breast/25 free @ 1:00 or r=10 • 25 free @ 1:00 or r=30
REC	12 x 25 @ r=5 <u>4 x through:</u> • 1 x 25 scull with kick • 2 x 25 swim

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 22, 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 swim • 4 x 50 @ r=10 ◦ 25 scull with free kick/25 swim
EN-1 TO EN-3	<u>2 x through:</u> • 1 x 100 pull @ 1:45 or r=15 ◦ paddles, buoy, bands • 1 x 200 swim @ 3:30 or r=20 ◦ negative split • 1 x 100 pull @ 1:45 or r=15 ◦ paddles, buoy, bands • 2 x 100 swim @ 1:45 or r=15 ◦ descend times 1-2 • 1 x 100 pull @ 1:45 or r=15 ◦ paddles, buoy, bands • 4 x 50 swim @ 1:00 or r=15 ◦ descend times 1-4 (within 8 seconds) • 1 x 100 pull @ 1:45 or r=15 ◦ paddles, buoy, bands • 8 x 25 swim @ 40 or r=10 ◦ 12½ scull, 12½ sprint (no breathing) • extra 30 seconds rest
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 23, 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	400 swim
EN-1	4 x 100 pull @ 1:40 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	4 x 75 "stroke" kick @ 2:00 or r=20 • build speed within each 75
EN-1	8 x 50 "stroke" drill @ 1:10 or r=15
EN-1 TO EN-2	4 x 150 "stroke" swim @ 3:20 or r=30 • descend times 1-4
EN-1 TO EN-2	4 x 75 "stroke" kick @ 2:00 or r=20 • descend times 1-4
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/MARCH 24, 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 • stretch for 2 minutes • 200 swim (mix of strokes) • stretch for 2 minutes • 200 kick (mix of strokes) • stretch for 2 minutes
EN-1	8 x 50 @ 1:00 or r=10-15 • 25 drill/25 swim
EN-1	12 x 25 swim @ 40 or r=10 • build
REC TO SP-1	• 4 x 25 swim @ 1:00 or r=45 ◦ 100 race pace • 4 x 50 (25 drill/25 swim) @ 1:10 or r=20 ◦ moderate pace • 1 x 300 swim or pull @ 5:30 or r=60 ◦ easy pace • 4 x 50 swim @ 1:30 or r=45 ◦ 200 race pace • 4 x 25 drill @ 40 or r=10 ◦ moderate pace • 1 x 300 swim or pull ◦ easy pace

Total = 2500