

DAY/DATE: MONDAY/MARCH 27, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 25 scull with free kick @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 16 x 25 swim @ 30 or r=5<ul style="list-style-type: none">◦ every 4th 25 fast (max. 2 breaths)• 2 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none">◦ faster pace on even 50's• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ descend times 1-4, 5-8• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-4
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 28, 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 swim
EN-1 TO EN-2	<u>3 x through:</u> <ul style="list-style-type: none">• 4 x 50 @ 1:05 or r=15<ul style="list-style-type: none">◦ 25 drill/25 build◦ reverse IM order• 1 x 100 free @ 2:00 or r=30<ul style="list-style-type: none">◦ extra long push-off after every turn
EN-1 TO EN-2	<u>4 x through:</u> <ul style="list-style-type: none">• 3 x 75 swim @ 1:40 or r=20<ul style="list-style-type: none">◦ 50 fly/25 back◦ 50 back/25 breast◦ 50 breast/25 free• 1 x 25 swim @ 1:00 or r=30<ul style="list-style-type: none">◦ easy
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 29, 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	400 choice
EN-1	<u>2 x through:</u> <ul style="list-style-type: none">• 2 x 50 (25 drill/25 swim) @ r=10• 4 x 25 (DPS: descend stroke count 1-4) @ r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 1 x 300 pull @ 5:15 or r=45<ul style="list-style-type: none">◦ breathe 3/5/3 by 100's• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-2• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 25's• 1 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ moderate-hard effort
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 30, 2017

FOCUS: STROKE CLINIC

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

Reprinted from March, 2013:

Last week I had the privilege of taking a team to the Senior Sectional meet in Federal Way, Washington (March 13-17). The highlight, for many of us, was watching last Summer's Olympic standout, **Missy Franklin** (Colorado Stars). Here's what I learned:

- **It's all about the cool-downs.** Missy cooled-down after every swim. She swam prelims and finals of 6 events, plus 4 relays: that means 16 races, 16 cool-downs. After her 100 backstroke final **she swam 25 minutes, continuously**; I know because I timed it! Despite the ever-present group of swimmers wishing for photographs and signatures, Missy stuck to her habits and cooled-down. That takes discipline. I surmise that Missy's cool-downs are probably longer than many swimmers' warm-ups.
- **Her starts: nothing fancy**; it even seemed that she entered the water rather quicker than she needed to, like she could have spent more time in the air before entering the denser water. **However**, once she entered the water her acceleration was noticeably quicker than any other swimmer. The probable reason for this was streamlining. **Missy kept her body (fingers, hands, arms, head, torso, legs, feet, toes) in a tighter and straighter streamline than any other swimmer.**
- **Her turns: quick and efficient.** Her push-offs were **horizontal**, fast, and she usually surfaced about a body-length past the flags. What was most amazing was her trajectory from the wall: **she pushed off horizontally** and reached the surface gradually. She appeared to swim (and turn) within an area not greater than 2 feet (i.e., from surface to 2-feet deep).

DAY/DATE: FRIDAY/MARCH 31, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 75 @ 1:40 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim
EN-1 TO EN-2	12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">#1: relaxed pace, count strokes#2: faster pace, aim for same stroke count#3: fastest pace, aim for same stroke count
REC	100 choice
SP-1/REC	<ul style="list-style-type: none">• 4 x 25 swim @ r=20<ul style="list-style-type: none">◦ max. effort• 1 x 200 swim<ul style="list-style-type: none">◦ very easy• 4 x 25 swim @ r=20<ul style="list-style-type: none">◦ max. effort• 1 x 200 swim<ul style="list-style-type: none">◦ very easy• 4 x 25 swim @ r=20<ul style="list-style-type: none">◦ max. effort
REC	200 choice

Total = 2500