

DAY/DATE: MONDAY/JULY 2, 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	<b>500 choice</b>
EN-1	<b><u>2 x thru:</u></b> <ul style="list-style-type: none"><li>• 2 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's</li></ul></li><li>• 4 x 50 @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li></ul>
EN-2 TO EN-3	<b><u>Timed 1500 swim (subtract 1 minute to get time):</u></b> <ul style="list-style-type: none"><li>• 500 @ r=15<ul style="list-style-type: none"><li>▪ 400 @ r=15<ul style="list-style-type: none"><li>◦ 300 @ r=15<ul style="list-style-type: none"><li>• 200 @ r=15<ul style="list-style-type: none"><li>▪ 100</li></ul></li></ul></li></ul></li></ul></li></ul>
REC	<b>200 choice</b>

Total = 3000

DAY/DATE: TUESDAY/JULY 3, 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	2 x (125 swim, 125 kick)
EN-1	12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none"><li>• 4 x 50 25 fly/25 back</li><li>• 4 x 50 25 back/25 breast</li><li>• 4 x 50 25 breast/25 free</li></ul>
EN-2	6 x 75 swim @ 1:40 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 50 fly/25 back</li><li>• 50 back/25 breast</li><li>• 50 breast/25 free</li></ul>
EN-1	450 pull: breathe 3/5 by 50's
EN-2	6 x 50 swim @ 1:05 or r=15 <u>2 x thru:</u> <ul style="list-style-type: none"><li>• 25 fly/25 back</li><li>• 25 back/25 breast</li><li>• 25 breast/25 free</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 4, 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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 kick</li> <li>• 200 (25 drill/25 swim)</li> <li>• 100 kick</li> </ul>
EN-1	<p>12 x 25 swim @ r=10</p> <ul style="list-style-type: none"> <li>• descend stroke count 1-4, 5-8, 9-12</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 2 x 200 pull @ 3:20 or r=20               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 4 x 100 swim @ 1:40 or r=10               <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 8 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8</li> </ul> </li> <li>• 4 x 100 swim @ 1:40 or r=10               <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 2 x 200 pull @ 3:20 or r=20               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 50's</li> </ul> </li> </ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/JULY 5, 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	<b>400 swim</b>
EN-1	<b>8 x 25 @ r=5</b> <ul style="list-style-type: none"> <li>• 25 scull/25 pull</li> </ul>
EN-1	<b>8 x 50 @ r=15</b> <ul style="list-style-type: none"> <li>• 25 "stroke" drill/25 "stroke"</li> <li>• 25 free drill/25 free</li> </ul>
EN-1 TO EN-2	<b>2 x thru:</b> <ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ all free</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=20 <ul style="list-style-type: none"> <li>◦ 50 "stroke"/50 free/50 "stroke"/50 free</li> </ul> </li> <li>• 1 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> <li>◦ 50 free/50 "stroke"</li> </ul> </li> <li>• 1 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> <li>◦ all "stroke"</li> </ul> </li> </ul>
REC	<b>200 choice</b>

Total = 2500

DAY/DATE: FRIDAY/JULY 6, 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	<b>500 choice</b>
EN-1	<b>10 x 25 @ 40 or r=10</b> <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
REC TO SP-1	<ul style="list-style-type: none"><li>• 2 x 150 swim @ 3:00 or r=60<ul style="list-style-type: none"><li>◦ 85% effort</li></ul></li><li>• 1 x 200 swim @ 4:30 or r=60<ul style="list-style-type: none"><li>◦ ½ speed (recovery pace)</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=45<ul style="list-style-type: none"><li>◦ 90% effort</li></ul></li><li>• 1 x 200 swim @ 4:30 or r=60<ul style="list-style-type: none"><li>◦ ½ speed (recovery pace)</li></ul></li><li>• 6 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none"><li>◦ 95% effort</li></ul></li><li>• 1 x 200 swim @ 4:30 or r=60<ul style="list-style-type: none"><li>◦ ½ speed (recovery pace)</li></ul></li></ul>
EN-1 TO REC	<b>10 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>• ascend pace 1-10</li></ul>

Total = 2500