

DAY/DATE: MONDAY/JULY 10, 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"><li>• 300 swim</li><li>• 100 kick</li><li>• 200 (25 drill/25 swim)</li><li>• 100 kick</li></ul>
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>
EN-1 TO EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 25 DPS/25 build</li></ul></li></ul>
REC	200 swim

Total = 3000

DAY/DATE: TUESDAY/JULY 11, 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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 (25 kick/25 swim)</li> <li>• 200 (25 drill/25 swim)</li> </ul>
EN-1 TO EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>• 2 fly, 2 back, 2 breast</li> </ul>
EN-1	600 pull: every 4 <sup>th</sup> length breast
EN-1 TO EN-2	12 x 50 swim @ 1:05 or r=15 <u>Alternate:</u> <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 breast/25 free</li> </ul>
EN-1 TO EN-2	12 x 25 @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 25 fly drill/25 fly swim</li> <li>• 25 back drill/25 back swim</li> <li>• 25 breast drill/25 breast swim</li> </ul>
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/JULY 12, 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></ul>
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 glide/25 pull</li></ul>
EN-1 TO EN-3	<p><u>3 x thru:</u></p> <p><b>**Increase stroke tempo as distance gets shorter</b></p> <ul style="list-style-type: none"><li>• 2 x 125 swim @ 2:20 or r=30<ul style="list-style-type: none"><li>◦ moderate effort</li></ul></li><li>• 2 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none"><li>◦ moderate-hard effort</li></ul></li><li>• 2 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none"><li>◦ hard effort</li></ul></li><li>• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ hard effort</li></ul></li><li>• 2 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ very hard effort</li></ul></li></ul>
REC	150 choice

Total = 3000

DAY/DATE: THURSDAY/JULY 13, 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	<ul style="list-style-type: none"><li>• 400 swim</li><li>• 200 (25 drill/25 swim)</li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 50's</li></ul>
EN-1 TO EN-2	<u>4 x thru (2 rounds "stroke," 2 rounds free):</u> <ul style="list-style-type: none"><li>• 1 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ 1 x 50 swim @ 1:05 or r=15<ul style="list-style-type: none"><li>▪ 1 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none"><li>• 1 x 100 swim @ 2:10 or r=30</li></ul></li></ul></li></ul></li></ul>
EN-1/EN-3	6 x 50 free @ 1:00 or r=15 <ul style="list-style-type: none"><li>• 25 DPS/25 fast</li></ul>
REC	200 swim

Total = 2500

DAY/DATE: FRIDAY/JULY 14, 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>600 swim</b>
EN-1	<b>8 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>
EN-1	<b>8 x 25 @ r=15</b> <ul style="list-style-type: none"><li>• 25 DPS/25 build</li></ul>
EN-3/EN-1	<b>8 x thru:</b> <ul style="list-style-type: none"><li>• 1 x 25 fast @ 30 or r=10</li><li>• 1 x 50 easy @ 1:15 or r=30</li></ul>
EN-1	<b>300 pull: breathe every 3<sup>rd</sup> stroke</b>
EN-1/SP-1	<b>12 x 25 swim @ 45 or r=20</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	<b>300 choice</b>

Total = 2500