

DAY/DATE: MONDAY/JULY 17, 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 choice
EN-1	8 x 25 scull with flutter kick @ r=5
EN-1 TO EN-2	<u>3 x thru:</u> <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• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• extra 30 seconds rest
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JULY 18, 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	300 swim
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1 TO EN-2	8 x 50 kick @ r=10 <ul style="list-style-type: none">• 25 easy/25 fast
EN-2	5 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none">• 25 fly/25 free/25 fly• easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none">• 25 back/25 free/25 back• easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none">• 25 breast/25 free/25 breast• easy 25 at end of set
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 19, 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 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 • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split • 2 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 1 x 200 @ 4:00 or r=20 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ 2 x (2 x 50 DPS/2 x 50 build)
SP-1	8 x 25 free (from center of pool) @ 40 or r=15 <ul style="list-style-type: none"> • flip turns practice!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JULY 20, 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	500 choice
EN-1	400 pull: negative split
EN-1 TO EN-2	8 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">• negative split• choice of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-1 TO EN-2	6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none">• negative split• choice of strokes
EN-1	200 pull: breathe 3/5/3/5 by 50's
EN-1 TO EN-2	4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• negative split• choice of strokes
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/JULY 21, 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 TO EN-2	12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• 25 DPS/25 build/25 fast breakout (12.5 yards or meters), easy to wall
EN-1 TO EN-3	<u>Tempo/effort increases with each set; extra 60 seconds rest between sets:</u> <ul style="list-style-type: none">• 2 x 150 swim @ 3:00 or r=30<ul style="list-style-type: none">▪ 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ 12 x 25 swim @ 40 or r=15
EN-1/EN-3	200 kick: every 3 rd length fast!
REC TO EN-1	12 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 glide/25 pull
REC	200 choice

Total = 2500