

DAY/DATE: MONDAY/JULY 24, 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	500 choice
EN-1 TO EN-2	<p>4 x 100 pull @ 1:40 or r=10 • moderately-fast tempo</p> <p>1 x 400 swim @ 6:40 or r=40 • negative split</p> <p>2 x 200 pull @ 3:20 or r=20 • moderate effort</p> <p>2 x 200 swim @ 3:20 or r=20 • negative split each 200</p> <p>1 x 400 pull @ 6:40 or r=40 • DPS</p> <p>4 x 100 swim @ 1:40 or r=10 • negative split each 100</p>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JULY 25, 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	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 50's
EN-1 TO EN-2	16 x 75 swim @ 1:45 or r=20 4 x thru: <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free• 50 free/25 fly
EN-2	12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JULY 26, 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	5 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 swim @ 6:40 or r=40<ul style="list-style-type: none">◦ 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">▪ 3 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ 5 x 50 swim @ 50 or r=5
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/JULY 27, 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 choice
EN-1 TO EN-2	<p>1 x 500 pull @ 8:00 or r=30</p> <ul style="list-style-type: none">• breathe 3/5/3/5/3 by 100's <p>20 x 25 kick @ 45 or r=10</p> <p><u>5 x thru:</u></p> <ul style="list-style-type: none">• 2 x 25 "stroke"• 2 x 25 choice <p>2 x 250 swim @ 5:00 or r=20</p> <ul style="list-style-type: none">• 50 free/50 stroke/50 free/50 stroke/50 free <p>10 x 50 swim @ 1:00 or r=10</p> <p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 3 x 50 "stroke"• 2 x 50 choice
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JULY 28, 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	6 x (25 swim/25 drill/50 kick)
EN-1	8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	12 x 25 @ 40 or r=10 • 25 drill/25 build
EN-3/REC	10 x 50 swim @ 1:10 or r=20-30 • odd 50's: best 200 pace + 1 second • even 50's: easy
REC	8 x 25 scull with flutter kick @ r=5
SP-1/REC	10 x 25 swim @ 45 or r=20-25 • odd 25's: best 100 pace + 1 second • even 25's: easy
REC	2 x (25 scull/25 glide/25 pull)
EN-2 TO REC	300 swim: ascend pace by 100's

Total = 2500