

DAY/DATE: MONDAY/AUGUST 14, 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 TO EN-1	<ul style="list-style-type: none"> • 200 swim • 4 x 50 swim @ r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 200 kick • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ descend times 1-4
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none"> • 25 scull/25 pull • mix of sculls (i.e., top, middle, bottom)
EN-1 TO EN-2	<ul style="list-style-type: none"> • 1 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ▪ 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 1 x 400 pull @ 6:40 or r=40 • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 1 x 200 pull @ 3:20 or r=20 ◦ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:00 or r=15
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 15, 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">• 200 swim• 200 kick• 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3 by 100's• 2 x 150 swim @ 3:10 or r=20<ul style="list-style-type: none">◦ 50 back/50 breast/50 free• 3 x 100 pull @ 2:05 or r=20<ul style="list-style-type: none">◦ 25 breast/25 free/25 breast/25 free• 6 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">◦ 2 fly, 2 back, 2 breast
EN-2	20 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 16, 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-3	<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 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ push 3rd 50 of each 200 • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50 • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 kick @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ push 3rd 50 • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ negative split each 100 • 8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ from center of pool, fast turns!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/AUGUST 17, 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	300 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 100 "stroke" @ 2:30 or r=20<ul style="list-style-type: none">◦ all kick<ul style="list-style-type: none">▪ 2 x 100 "stroke" @ 2:00 or r=20• 25 drill/25 swim<ul style="list-style-type: none">◦ 3 x 100 swim @ 2:10 or r=20<ul style="list-style-type: none">▪ 25 "stroke"/25 free• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ breathe 3/4/5/3 by 25's◦ 3 x 100 swim @ 2:10 or r=20<ul style="list-style-type: none">▪ 50 "stroke"/50 free▪ 2 x 100 "stroke" @ 2:00 or r=20<ul style="list-style-type: none">• 50 drill/50 swim• 1 x 100 "stroke" @ 2:30 or r=20<ul style="list-style-type: none">◦ all kick
EN-1 TO EN-2	20 x 25 swim @ 40 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none">• 3 strokes fly, free• 4 strokes fly, free• 5 strokes fly, free• all fly• all free
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/AUGUST 18, 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"> • 300 swim • 200 kick • 100 pull
EN-1	<p>8 x 50 @ 1:00 or r=10</p> <p><u>Alternate:</u></p> <ul style="list-style-type: none"> • 25 kick/25 swim • 25 drill/25 swim
EN-2 TO EN-3	<p>3 x 200 swim @ 4:00 or r=60</p> <ul style="list-style-type: none"> • #1: straight 200 • #2: broken 15 seconds at 100 <ul style="list-style-type: none"> ◦ subtract 15 seconds to get time • #3: broken 10 seconds at each 50 <ul style="list-style-type: none"> ◦ subtract 30 seconds to get time
REC	6 x 50 pull or swim @ r=10
EN-2 TO EN-3	<p>3 x 100 swim @ 2:30 or r=60</p> <ul style="list-style-type: none"> • #1: straight 100 • #2: broken 15 seconds at 50 <ul style="list-style-type: none"> ◦ subtract 15 seconds to get time • #3: broken 10 seconds at each 25 <ul style="list-style-type: none"> ◦ subtract 30 seconds to get time
REC	300 choice

Total = 2500