

DAY/DATE: MONDAY/APRIL 16, 2012

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><b>4 x 100 pull @ 1:45 or r=15</b></p> <ul style="list-style-type: none"><li>• moderately-fast tempo</li></ul> <p><b>2 x 200 pull @ 3:15 or r=15</b></p> <ul style="list-style-type: none"><li>• moderate effort</li></ul> <p><b>1 x 400 pull @ 6:30 or r=30</b></p> <ul style="list-style-type: none"><li>• DPS</li></ul> <p><b>1 x 400 swim @ 6:30 or r=30</b></p> <ul style="list-style-type: none"><li>• DPS</li></ul> <p><b>2 x 200 swim @ 3:15 or r=15</b></p> <ul style="list-style-type: none"><li>• moderate effort</li></ul> <p><b>4 x 100 swim @ 1:45 or r=15</b></p> <ul style="list-style-type: none"><li>• moderately-fast tempo</li></ul>
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/APRIL 17, 2012

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

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/APRIL 18, 2012

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 drill @ 1:00 or r=10
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 5 x 50 swim @ 50 or r=5</li><li>• extra 30 seconds rest</li><li>• 4 x 100 swim @ 1:40 or r=10</li><li>• 3 x 200 swim @ 3:20 or r=20</li><li>• 2 x 300 swim @ 5:00 or r=30</li><li>• 1 x 400 swim @ 6:30 or r=30</li></ul>
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/APRIL 19, 2012

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><b>1 x 400 pull @ 6:45 or r=45</b></p> <ul style="list-style-type: none"><li>• breathe 3/5/5/3 by 100's</li></ul> <p><b>16 x 25 kick @ 45 or r=10</b></p> <ul style="list-style-type: none"><li>• 2 x 25 stroke</li><li>• 2 x 25 choice</li></ul> <p><b>2 x 200 swim @ 4:15 or r=30</b></p> <ul style="list-style-type: none"><li>• 50 stroke/50 free/50 stroke/50 free</li></ul> <p><b>8 x 50 kick @ 1:30 or r=15</b></p> <ul style="list-style-type: none"><li>• 2 x 50 stroke</li><li>• 2 x 50 choice</li></ul> <p><b>4 x 100 swim @ 2:00 or r=20</b></p> <ul style="list-style-type: none"><li>• 50 stroke/50 free</li></ul>
REC	100 choice

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/APRIL 20, 2012

FOCUS: SPRINT FREE/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 kick/50 drill]
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	10 x 50 swim @ 1:00 or r=10-20 • odd 50's: best 200 pace + 1 second • even 50's: easy
EN-1	8 x 25 scull with free kick @ r=5
SP-1	10 x 25 swim @ 45 or r=20 • odd 25's: best 100 pace + 1 second • even 25's: easy
EN-1	2 x [25 scull/25 glide/25 pull]
REC	300 swim: ascend pace by 100's

**TOTAL: 2500 METERS**