

DAY/DATE: MONDAY/APRIL 30, 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	400 swim 200 kick
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 7:00 or r=60• 4 x 100 swim @ 1:45 or r=15• 1 x 300 pull @ 5:15 or r=45• 4 x 75 swim @ 1:30 or r=15• 1 x 200 pull @ 3:30 or r=30• 4 x 50 swim @ 55 or r=10• 1 x 100 pull @ 1:45 or r=15• 4 x 25 swim @ 30 or r=10
EN-1/SP-1	12 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/MAY 1, 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	500 choice
EN-2	2 x through: <ul style="list-style-type: none">• 4 x 25 fly kick @ 45 or r=10<ul style="list-style-type: none">• 1st 12.5 underwater• 2 x 50 choice kick @ 1:30 or r=15
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 4 x 50 pull @ 1:00 or r=15<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 50 drill @ 1:10 or r=15<ul style="list-style-type: none">• IM order• 4 x 75 swim @ 1:45 or r=20<ul style="list-style-type: none">#1: 50 fly "long & strong"/25 back "fast"#2: 50 back "long & strong"/25 breast "fast"#3: 50 breast "long & strong"/25 free "fast"#4: 50 free "long & strong"/25 fly "fast"• extra 30 seconds between rounds
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/MAY 2, 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	<ul style="list-style-type: none">• 200 swim• 2 x 50 swim @ r=10• 200 kick• 2 x 50 kick @ r=10
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull
EN-2	<ul style="list-style-type: none">• 25 @ 30 or r=5<ul style="list-style-type: none">• 50 @ 50 or r=5<ul style="list-style-type: none">• 75 @ 1:20 or r=10<ul style="list-style-type: none">• 100 @ 1:40 or r=10<ul style="list-style-type: none">• 200 @ 3:20 or r=20<ul style="list-style-type: none">• 300 @ 5:00 or r=30<ul style="list-style-type: none">• 400 @ 6:40 or r=40 • 300 @ 5:00 or r=30 • 200 @ 3:20 or r=20 • 100 @ 1:40 or r=10 • 75 @ 1:20 or r=10 • 50 @ 50 or r=5 • 25 @ 30 or r=5
REC	200: 25 scull with free kick/25 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/MAY 3, 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 swim
EN-1	12 x 25 pull @ 30 or r=5
EN-2	Stroke #1 (choose one stroke): <ul style="list-style-type: none">• 400 @ 8:00 or r=60• alternate: 50 stroke drill/50 free• 4 x 50 kick @ 1:30 or r=10• stroke #1• 4 x 25 swim @ 40 or r=10• stroke #1
EN-2	Stroke #2 (choose another stroke): <ul style="list-style-type: none">• 400 @ 8:00 or r=60• alternate: 50 stroke drill/50 free• 4 x 50 kick @ 1:30 or r=10• stroke #2• 4 x 25 swim @ 40 or r=10• stroke #2
EN-1	12 x 25 pull @ 30 or r=5
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/MAY 4, 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	300 swim 300 pull
EN-1	6 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	4 x 75 @ r=15 • 50 kick/25 swim DPS
EN-1 TO EN-3	800 swim: • 25 easy/25 fast • 50 easy/50 fast • 75 easy/75 fast • 100 easy/100 fast • 75 easy/75 fast • 50 easy/50 fast • 25 easy/25 fast
EN-1/SP-1	12 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	200 choice

TOTAL: 2500 METERS