

DAY/DATE: MONDAY/APRIL 9, 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	<ul style="list-style-type: none">• 200 swim• 2 x 100 [25 drill/25 swim] @ r=15• 4 x 50 pull @ r=10• 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 300 swim @ 5:00 or r=30• 2 x 150 swim @ 2:30 or r=20• 4 x 75 swim @ 1:30 or r=15• 6 x 50 swim @ 55 or r=10• 4 x 75 swim @ 1:30 or r=15• 2 x 150 swim @ 2:30 or r=20• 1 x 300 swim @ 5:00 or r=30
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/APRIL 10, 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	200 swim 200 [25 drill/25 swim]
EN-1	16 x 50 swim or pull @ 55 or r=10 • breathe every 5 th stroke
EN-2	2 x 300 swim or pull @ 5:00 or r=30
EN-2	8 x 50 stroke @ 1:10 or r=20
EN-2	2 x 150 stroke @ r=30
REC	100 choice

TOTAL: 2600 METERS

DAY/DATE: WEDNESDAY/APRIL 11, 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-2	12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• 25 easy/25 build• 25 build/25 easy
EN-2 TO EN-3	2 x through [descend pace as swims get shorter]: <ul style="list-style-type: none">• 1 x 300 swim @ 5:00 or r=30• 2 x 150 swim @ 2:30 or r=20• 4 x 75 swim @ 1:20 or r=10• extra 40 seconds rest
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/APRIL 12, 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 TO EN-2	8 x 25 [25 drill/25 swim] @ r=10
EN-2	<ul style="list-style-type: none"> • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> • 25 fly/25 back • extra 30 seconds rest • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> • 25 back/25 breast • extra 30 seconds rest • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> • 25 breast/25 free
EN-1/EN-3	24 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> • 25 free/25 IM order
REC	100 choice

TOTAL: 2500 METERS

Workouts: Off the beaten path
 SJ Black, PhD
 Columbia-Willamette Swimming

DAY/DATE: FRIDAY/APRIL 13, 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	600 choice
EN-2	8 x 25 build @ r=10
EN-1 TO SP-1	8 x 100 swim @ 2:00 or r=20-30 <ul style="list-style-type: none">• #1/#5: push 4th 25• #2/#6: push 3rd 25• #3/#7: push 2nd 25• #4/#8: push 1st 25
REC	8 x 25 swim or pull @ r=10
EN-1 TO SP-1	4 x 100 swim @ 2:10 or r=30-40 <ul style="list-style-type: none">• #1: push 2nd 50• #2: push 2nd and 3rd 25's• #3: push 1st 50• #4: push 1st and 4th 25's
REC	12 x 25 swim or pull @ r=10

TOTAL: 2500 METERS