

DAY/DATE: MONDAY/MAY 21, 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	200 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 500 swim @ 8:20 or r=50• 250 pull @ 4:10 or r=25• 5 x 50 swim @ 1:00 or r=15• 400 swim @ 6:40 or r=40• 200 pull @ 3:20 or r=20• 4 x 50 swim @ 1:00 or r=15• 300 swim @ 5:00 or r=30• 150 pull @ 2:30 or r=15• 3 x 50 swim @ 1:00 or r=15• 200 swim @ 3:20 or r=20• 100 pull @ 1:40 or r=10• 2 x 50 swim @ 1:00 or r=15
REC	100 choice

TOTAL: 3100 METERS

DAY/DATE: TUESDAY/MAY 22, 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	2 x [125 free, 125 stroke]
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 2 x 50 @ 1:10 or r=10• 12.5 scull/12.5 stroke• 2 x 50 @ 1:10 or r=10• 25 stroke drill/25 stroke• 4 x 25 swim @ 45 or r=15• build
REC	100 swim
EN-2 TO EN-3	12 x 75 @ 1:45 or r=20 <ul style="list-style-type: none">• 50 free/25 stroke• 50 stroke/25 free
REC	100 swim
EN-1/SP-1	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/MAY 23, 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 free, stretch for 2 minutes • 200 swim (mix of strokes), stretch for 2 minutes • 200 IM kick, stretch on wall for 2 minutes
EN-1	12 x 25 [25 scull/25 glide/25 pull] @ r=5
EN-1 TO EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> • #1: push last 100 • #2: push middle 100 • #3: push 1st 100
EN-2 TO EN-3	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> • descend 1-3, 4-6 • choose one stroke for 1-3 • choose another stroke for 4-6
EN-1 TO EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> • #1: push even 50's • #2: push odd 50's • #3: push entire 200!
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
REC	300 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/MAY 24, 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	200 swim, 100 kick, 100 pull
EN-1 TO EN-2	<p>5 x through:</p> <ul style="list-style-type: none">• 25 swim @ 45 or r=15• 50 kick @ 1:30 or r=15• 75 drill/swim/drill @ 1:45 or r=15• 50 stroke/50 free @ 2:00 or r=30• 75 swim/drill/swim @ 1:45 or r=15• 50 kick @ 1:30 or r=15• 25 swim @ 45 or r=15 <ul style="list-style-type: none">• 1 round each stroke• 1 round choice <p>Drills:</p> <ul style="list-style-type: none">• 4-beat fly• 10-10-3 back• 2 kicks, 1 pull breast• 10-10-3 free
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/MAY 25, 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	200 swim 200 kick/swim
EN-1 TO EN-3	<ul style="list-style-type: none">• 2 x 50 kick @ 1:40 or r=20• 2 x 50 kick @ 1:30 or r=15• 2 x 50 kick @ 1:20 or r=10• 2 x 50 kick @ 1:10 or r=5
EN-1	8 x 25 @ 40 or r=10 • 25 drill/25 swim
EN-2 TO SP-1	2 x through: <ul style="list-style-type: none">• 1 x 150 free @ 3:00 or r=30<ul style="list-style-type: none">• medium effort• 2 x 75 stroke @ 1:45 or r=30<ul style="list-style-type: none">• hard effort• 3 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">• medium effort• 6 x 25 stroke @ 45 or r=20<ul style="list-style-type: none">• hard effort• extra 30 seconds rest
REC	200 [25 scull/25 swim]

TOTAL: 2500 METERS