

DAY/DATE: MONDAY/MAY 28, 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 swim/200 kick/200 pull/100 drill
EN-1	<p><b>8 x 50 pull @ 55 or r=10</b></p> <ul style="list-style-type: none"> <li>• breathe 5/3 on odd 50's</li> <li>• breathe 3/5 on even 50's</li> </ul>
EN-1 TO EN-2	<p><b>20 seconds rest between swims; keep heart rate at 120-140 BPM:</b></p> <p style="text-align: center;">           25                50                   100                  200                     400                    200                       100                      50                    25         </p>
EN-2 TO EN-3	<p><b>8 x 25 kick @ 45 or r=10</b></p> <ul style="list-style-type: none"> <li>• descend times 1-4, 5-8</li> </ul>
EN-1/EN-3	<p><b>8 x 50 @ 1:00 or r=15</b></p> <ul style="list-style-type: none"> <li>• negative split</li> </ul>
REC	150 easy swim

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/MAY 29, 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	4 x [25 swim/25 drill/25 kick]
EN-1 TO EN-2	<p>4 x 50 @ 1:10 or r=15 • 25 kick/25 swim</p> <p>4 x 50 @ 1:10 or r=15 • 25 drill/25 swim</p> <p>4 x 50 @ 1:10 or r=15 • 25 scull with free kick/25 swim</p>
EN-2	<p><b>3 x through:</b></p> <ul style="list-style-type: none"> <li>• 50 @ 1:15 or r=20 • stroke drill</li> <li>• 100 @ 2:15 or r=30 • 25 stroke/25 free</li> <li>• 200 pull @ 3:30 or r=30 • breathe 3/5/3/5 by 50's</li> <li>• 100 @ 2:15 or r=30 • 50 stroke/50 free</li> <li>• 50 @ 1:15 or r=20 • stroke</li> </ul>
REC	100 swim

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/MAY 30, 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	600 choice
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• <b>400 pull @ 6:30 or r=30</b><ul style="list-style-type: none"><li>• breathe 3/5/3/5 by 100's</li></ul></li><li>• <b>4 x 25 swim @ 40 or r=15</b><ul style="list-style-type: none"><li>• faster-than-normal tempo</li></ul></li><li>• <b>2 x 200 pull @ 3:20 or r=20</b><ul style="list-style-type: none"><li>• breathe 3/5/3/5 by 50's</li></ul></li><li>• <b>4 x 25 swim @ 40 or r=15</b><ul style="list-style-type: none"><li>• faster-than-normal tempo</li></ul></li><li>• <b>4 x 100 pull @ 1:45 or r=15</b><ul style="list-style-type: none"><li>• breathe 3/5/3/5 by 25's</li></ul></li><li>• <b>4 x 25 swim @ 40 or r=15</b><ul style="list-style-type: none"><li>• faster-than-normal tempo</li></ul></li><li>• <b>8 x 50 pull @ 55 or r=10</b><ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li><li>• <b>4 x 25 swim @ 40 or r=15</b><ul style="list-style-type: none"><li>• faster-than-normal tempo</li></ul></li></ul>
EN-1/SP-1	<b>8 x 25 swim @ 30 or r=10</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	200 swim

**TOTAL: 3000 METERS**



DAY/DATE: THURSDAY/MAY 31, 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	300 swim
EN-1	<p><b>12 x 25 @ 45 or r=15</b></p> <ul style="list-style-type: none"> <li>• 25 stroke kick/25 stroke swim</li> </ul>
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• <b>400 pull @ 7:00 or r=60</b></li> <li>• breathe 3/5/3/5 by 100's</li> <li>• <b>4 x 50 swim @ 1:10 or r=20</b></li> <li>• 25 fly/25 back</li> <li>• <b>300 pull @ 5:15 or r=45</b></li> <li>• breathe 3/5/3 by 100's</li> <li>• <b>4 x 50 swim @ 1:10 or r=20</b></li> <li>• 25 back/25 breast</li> <li>• <b>200 pull @ 3:30 or r=30</b></li> <li>• breathe 3/5/3/5 by 50's</li> <li>• <b>4 x 50 swim @ 1:10 or r=20</b></li> <li>• 25 breast/25 free</li> <li>• <b>100 pull @ 1:45 or r=15</b></li> <li>• breathe 3/5 by 25's</li> <li>• <b>4 x 50 swim @ 1:10 or r=20</b></li> <li>• choice of strokes</li> </ul>
REC	100 swim

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/JUNE 1, 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 4 x 50 [25 drill/25 swim] @ r=10 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-3	<b>3 x through:</b> <ul style="list-style-type: none"><li>• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>• fast feet!</li></ul></li><li>• 3 x 50 @ 1:15 or r=20<ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>• build each 75 to race pace</li></ul></li></ul>
SP-1	<b>4 x BTF's:</b> <ul style="list-style-type: none"><li>• <b>B=breakout with 3 strokes fast</b></li><li>• ~20 seconds rest</li><li>• <b>T=fast turn</b></li><li>• ~20 seconds rest</li><li>• <b>F=fast finish</b></li><li>• ~40 seconds rest</li></ul>
REC	8 x 25 [25 scull with free kick/25 swim] @ r=5

**TOTAL: 2500 METERS**