

DAY/DATE: MONDAY/MAY 7, 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	300 choice
EN-1	4 x 50 @ r=10 • 25 drill/25 swim
EN-1 TO EN-3	4 x 150 swim @ 2:30 or r=15 • build pace in each 150 extra 30 seconds rest 1 x 600 swim @ 10:00 or r=60 • negative split 3 x 200 pull @ 3:20 or r=20 • breathe 3/5/3/5 by 50's • moderate pace 2 x 300 swim @ 4:30 or r=30 • descend times 1-2 • pace should be faster than 600 pace
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/MAY 8, 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	600 choice
EN-2	2 x through: <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=10• 4 x 75 swim @ 1:30 or r=15
EN-2	12 x 50 @ 1:10 or r=15 Alternate: <ul style="list-style-type: none">• 12.5 scull with flutter kick/12.5 breast/25 free• 12.5 scull with flutter kick/12.5 fly/25 free
EN-2	12 x 25 stroke @ 45 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/MAY 9, 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 TO EN-1	<ul style="list-style-type: none">• 200 swim• 200 kick• 4 x 50 [25 drill/25 swim] @ r=10• 4 x 25 [25 scull/25 glide stroke] @ r=5• 4 x 25 build @ r=10
EN-1 TO EN-3	<ul style="list-style-type: none">1 x 400 pull or swim @ 7:00 or r=60<ul style="list-style-type: none">• moderate pace4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• negative split1 x 300 pull or swim @ 5:15 or r=45<ul style="list-style-type: none">• moderate pace4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">• build1 x 200 pull or swim @ 3:30 or r=30<ul style="list-style-type: none">• moderate pace4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• negative split1 x 100 pull or swim @ 2:00 or r=30<ul style="list-style-type: none">• moderate pace4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">• fast
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/MAY 10, 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, 200 kick, 200 pull
EN-1	8 x 25 drill @ r=10 <ul style="list-style-type: none">• 2 of each stroke
EN-2	8 x 75 @ 2:00 or r=15-30 Choose 1 or 2 strokes: <ul style="list-style-type: none">• 75 kick• 50 kick/25 swim• 25 kick/50 swim• 75 swim• 75 swim• 50 swim/25 kick• 25 swim/50 kick• 75 kick
EN-2	12 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none">• 25 back/25 breast
EN-2	12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/MAY 11, 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, 200 pull
EN-1	4 x 75 @ r=15 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	12 x 50 swim @ 1:10 or r=20 Stroke count set, each set is 3 x 50: #1: relaxed pace, count # of strokes #2: 200 race pace, maintain same # of strokes #3: max. speed, maintain same # of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-1 TO EN-3	12 x 25 swim @ 45 or r=15 Stroke count set, each set is 3 x 25: #1: relaxed pace, count # of strokes #2: 200 race pace, maintain same # of strokes #3: max. speed, maintain same # of strokes
REC	4 x [25 scull/25 glide stroke/25 pull]

TOTAL: 2500 METERS