

DAY/DATE: MONDAY/JANUARY 21, 2013

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
EN-1	8 x 25 scull with free kick @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• negative split• 16 x 25 swim @ 30 or r=5<ul style="list-style-type: none">• moderate/moderate/fast/moderate• 2 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• 2nd 200 faster than 1st• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-4, 5-8• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">• descend times 1-4
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/JANUARY 22, 2013

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 choice
EN-1	8 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none">• 25 breast/25 free
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• IM order
EN-2	1 x 300 swim @ 6:00 or r=30 <ul style="list-style-type: none">• 100 back/100 breast/100 free 2 x 150 swim @ 3:10 or r=30 <ul style="list-style-type: none">• 50 back/50 breast/50 free 3 x 100 swim @ 2:10 or r=20 <ul style="list-style-type: none">• 50 back/50 breast 6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none">• 25 fly/25 back
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JANUARY 23, 2013

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 [25 drill/25 swim] @ r=10• 200 kick• 2 x 50 [25 kick/25 swim] @ r=10• 200 pull• 2 x 50 [25 drill or kick/25 swim] @ r=10
EN-1 TO EN-3	<ul style="list-style-type: none">4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• moderate pace2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• build within each 503 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• moderate pace4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• negative split each 502 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• moderate pace6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-3, 4-61 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• moderate pace8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-4, 5-8
REC	100 choice

TOTAL: 3000 METERS

Thursday Swim Clinic: January 24, 2013

Axis Theory Review: Freestyle and backstroke are "long axis" strokes, meaning they are best swum by rotating the body around a long, vertical axis down the center of the body; fly and breaststroke are "short axis" strokes, meaning they are best swum by moving the body on the short, horizontal axis at the hips. Focus on moving along these axes and minimizing movement elsewhere.

Drills (see descriptions on "workout glossary" page)

Short Axis Drills	Long Axis Drills
<ul style="list-style-type: none">• falling drill• dolphin breaststroke• single-arm fly• no-arms breaststroke• dive stroke fly• 2 kicks, 1 pull breaststroke	<ul style="list-style-type: none">• 10-beat freestyle• 10-beat backstroke• 10-beat corkscrew• single-arm freestyle• single-arm backstroke• rotational kicking

2100 meters/yards practice:

300 easy swim

6 x 50 [25 kick/25 swim] @ r=10

- 8 x 50 [25 drill/25 swim] @ 1:05 or r=15
 - long axis strokes
- 16 x 25 [25 drill/25 swim] @ 45 or r=15
 - short axis strokes
- 4 x 50 swim @ 1:05 or r=15
 - long axis strokes
- 8 x 25 swim @ 45 or r=15
 - short axis strokes
- 200 swim
 - 25 long axis stroke/25 short axis stroke

100 choice easy

DAY/DATE: FRIDAY/JANUARY 25, 2013

FOCUS: SPRINT -BASED

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 @ 1:05 or r=15 Each set of 4 x 50: # 1 25 easy/25 fast # 2 25 fast/25 easy # 3 12.5 easy/25 fast/12.5 easy # 4 12.5 fast/25 easy/12.5 fast
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-1 TO EN-3	12 x 25 swim @ 45 or r=15 Each set of 4 x 25: # 1 12.5 easy/12.5 fast # 2 12.5 fast/12.5 easy # 3 25 easy # 4 25 fast
REC	4 x [25 scull/25 glide stroke/25 pull]

TOTAL: 2500 METERS