

DAY/DATE: MONDAY/FEBRUARY 25, 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	<b>200 swim</b> <b>200 kick</b> <b>200 pull</b>
EN-1	<b>6 x 50 @ 1:00 or r=10</b> <ul style="list-style-type: none"><li>• 25 10-beat freestyle/25 freestyle</li></ul>
EN-1 TO EN-2	<b>Swim as one continuous set:</b> <ul style="list-style-type: none"><li>• 50 kick @ 1:30 or r=20</li><li>• 200 swim @ 3:30 or r=30</li><li>• 300 pull @ 5:00 or r=30</li><li>• 50 kick @ 1:30 or r=20</li><li>• 200 swim @ 3:30 or r=30</li><li>• 400 pull @ 6:30 or r=30</li><li>• 50 kick @ 1:30 or r=20</li><li>• 200 swim @ 3:30 or r=30</li><li>• 500 pull @ 8:00 or r=30</li></ul>
REC	<b>6 x 25 freestyle @ 40 or r=10</b> <ul style="list-style-type: none"><li>• 25 DPS/25 easy</li></ul>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/FEBRUARY 26, 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	<b>400 swim</b> <b>200 kick</b> <b>8 x 25 [25 scull with kick/25 swim] @ r=5</b>
EN-2	<ul style="list-style-type: none"><li>• <b>16 x 25 swim @ 45 or r=15</b><ul style="list-style-type: none"><li>• <b>100 IM order</b></li></ul></li><li>• extra 60 seconds rest</li><li>• <b>8 x 50 swim @ 1:10 or r=20</b><ul style="list-style-type: none"><li>• <b>200 IM order</b></li></ul></li><li>• extra 60 seconds rest</li><li>• <b>4 x 100 IM @ 2:20 or r=30</b><ul style="list-style-type: none"><li>• extra 60 seconds rest</li></ul></li><li>• <b>2 x 200 IM @ 4:30 or r=45</b></li></ul>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/FEBRUARY 27, 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	<b>300 swim</b> <b>200 kick</b> <b>100 swim</b>
EN-1	<b>2 x through:</b> <ul style="list-style-type: none"><li>• 2 x 50 free @ 60 or r=10</li><li>• 4 x 25 drill @ 45 or r=15</li></ul>
EN-1 TO EN-3	<b>2 x through:</b> <b>3 x 250 swim @ 4:00 or r=15</b> <ul style="list-style-type: none"><li>• push pace on even 50's</li><li>• e.g., 50 easy/50 fast/50 easy/50 fast/50 easy</li></ul> <b>1 x 150 swim or pull @ 3:00 or r=30</b> <ul style="list-style-type: none"><li>• easy pace</li></ul>
REC	<b>200 pull</b> <ul style="list-style-type: none"><li>• breathe 3/5/3/3 by 50's</li></ul>

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/FEBRUARY 28, 2013

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	<b>400 choice</b>
EN-1	<b>2 x through:</b> <ul style="list-style-type: none"><li>• 2 x 50 [25 kick/25 swim] @ 1:10 or r=15</li><li>• 4 x 25 [25 drill/25 swim] @ 40 or r=10</li></ul>
EN-1 TO EN-3	<b>12 x 50 stroke @ 1:10 or r=15</b> <ul style="list-style-type: none"><li>• 80% effort</li><li>• choose 1, 2, or 3 strokes</li></ul> <b>100 easy swim @ 3:00 or r=60</b> <b>8 x 50 stroke @ 1:15 or r=20</b> <ul style="list-style-type: none"><li>• 85% effort</li><li>• choose 1 or 2 strokes</li></ul> <b>100 easy swim @ 3:00 or r=60</b> <b>4 x 50 stroke @ 1:20 or r=25</b> <ul style="list-style-type: none"><li>• 90% effort</li><li>• choose 1 stroke</li></ul> <b>100 easy swim</b>
REC	<b>8 x 25 [25 scull with free kick/25 swim] @ r=5</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/MARCH 1, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• stretch for 2 minutes</li><li>• 200 swim [mix of strokes]</li><li>• stretch for 2 minutes</li><li>• 200 kick</li><li>• stretch for 2 minutes</li></ul>
EN-1	8 x 25 @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>
EN-2 TO EN-3	3 x 150 freestyle @ 2:45 or r=30 <ul style="list-style-type: none"><li>• push pace on last 50</li><li>• push pace on middle 50</li><li>• push pace on first 50</li></ul> 6 x 50 stroke @ 1:10 or r=15 <ul style="list-style-type: none"><li>• descend times 1-3, 4-6</li></ul> 3 x 150 freestyle @ 2:45 or r=30 <ul style="list-style-type: none"><li>• push pace on first 50</li><li>• push pace on middle 50</li><li>• push pace on last 50</li></ul>
EN-1/SP-1	12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	200 swim

**TOTAL: 2500 METERS**