

DAY/DATE: MONDAY/APRIL 1, 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>10 x 50 pull @ 55 or r=10</b> • breathe 3/5 by 25's
EN-1/EN-3	<b>1000 swim:</b> • 25 easy/25 fast • 50 easy/50 fast • 75 easy/75 fast • 100 easy/100 fast • 100 easy/100 fast • 75 easy/75 fast • 50 easy/50 fast • 25 easy/25 fast
EN-1	<b>10 x 50 @ 1:00 or r=15</b> 2 x 25 single-arm free/25 swim 2 x 25 10-beat free/25 swim 2 x 25 catch-up free/25 swim 2 x 25 human stroke ("long dog")/25 swim 2 x 25 "10-10-3"/25 swim
EN-1 TO EN-3	<b>10 x 25 swim @ 30 or r=10</b> • 25 easy/25 fast
REC	<b>150 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/APRIL 2, 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 choice</b>
EN-1	<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>
EN-1	<b>12 x 25 @ 45 or r=10</b> <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li></ul>
EN-2	<b>4 x through (continuously):</b> <ul style="list-style-type: none"><li>• 25 back</li><li>• 25 fly</li><li>• 25 back</li><li>• 25 breast</li><li>• 75 free</li></ul>
EN-2	<b>4 x through:</b> <ul style="list-style-type: none"><li>• 1 x 50 swim @ 1:10 or r=15<ul style="list-style-type: none"><li>• IM order</li></ul></li><li>• 1 x 100 IM @ 2:15 or r=30</li></ul>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/APRIL 3, 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>400 choice</b>
EN-1	<b>16 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• <b>8 x 75 swim @ 1:30 or r=15</b><ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul></li><li>• <b>8 x 25 kick @ 45 or r=10</b><ul style="list-style-type: none"><li>• all fast</li></ul></li><li>• <b>6 x 75 swim @ 1:30 or r=15</b><ul style="list-style-type: none"><li>• descend times 1-3, 4-6</li></ul></li><li>• <b>6 x 25 kick @ 45 or r=10</b><ul style="list-style-type: none"><li>• all fast</li></ul></li><li>• <b>4 x 75 swim @ 1:30 or r=15</b><ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• <b>4 x 25 kick @ 45 or r=10</b><ul style="list-style-type: none"><li>• all fast</li></ul></li><li>• <b>2 x 75 swim @ 1:30 or r=15</b><ul style="list-style-type: none"><li>• descend times 1-2</li></ul></li><li>• <b>2 x 25 kick @ 45 or r=10</b><ul style="list-style-type: none"><li>• all fast</li></ul></li></ul>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**

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

DAY/DATE: THURSDAY/APRIL 4, 2013

FOCUS: RECOVERY TIPS

I received the following questions about cooling-down:

**Is there some rule of thumb for cool-down distance/time? Does it vary for age/Masters swimmers? The purpose of such a long cool down is getting rid of lactic acid, right?**

Unfortunately, there is not a ton of information to be found about this topic, but I did come across two excellent articles that address this swimmer's questions.

- ***Swimming and the Art of Recovery***

(<http://nycaquaticclub.com/The Art of Recovery.pdf>) provides information about five facets of optimal recovery, including a section on cooling-down. Recommendations from this author, although not specific for masters swimmers, suggest:

- 25 minutes of easy swimming (heart rate at 120-130 bpm) following a 50 or 100
- 20 minutes of easy-moderate swimming (heart rate at 130-140 bpm) following a 200-500
- 10-15 minutes of moderate swimming (heart rate at 140-150 bpm) following 500+

- ***Top 10 Training Tips for Masters Swimmers*** by Peter Reaburn, PhD

(<http://assets.imgstg.com/assets/console/document/documents/Top 10...>) argues that "we appear to need longer to recover and longer to adapt to training" which suggests that masters swimmers should, at minimum, heed the guidelines above. That said one could end up cooling-down more than an average workout length. **My suggestion is to follow a race with some easy swimming, at least 10 minutes** (that's what I recommend to my age-group swimmers).

DAY/DATE: FRIDAY/APRIL 5, 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	<b>4 x 75 [25 drill/50 swim] @ r=10</b> <b>6 x 50 [25 kick/25 swim] @ r=10</b>
EN-1	<b>12 x 25 @ r=5</b> <ul style="list-style-type: none"><li>• 25 scull with flutter kick/25 build</li></ul>
EN-1 TO SP-1	<b>3 x through:</b> <ul style="list-style-type: none"><li>• <b>2 x 75 swim @ 1:30 or r=20</b><ul style="list-style-type: none"><li>• 50 DPS/25 build</li></ul></li><li>• <b>2 x 50 swim @ 1:00 or r=15</b><ul style="list-style-type: none"><li>• negative split</li></ul></li><li>• <b>2 x 25 swim @ 30 or r=10</b><ul style="list-style-type: none"><li>• fast</li></ul></li><li>• <b>1 x 100 swim @ 3:00 or r=60</b><ul style="list-style-type: none"><li>• easy</li></ul></li></ul>
REC	<b>400 choice</b>

**TOTAL: 2500 METERS**