

DAY/DATE: MONDAY/MARCH 11, 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>8 x 25 kick @ r=10</b> • build each 25 to fast feet
EN-1 TO EN-2	<b>4 x through:</b> • <b>400 swim @ 6:30 or r=30</b> • descend times 1-4 • <b>4 x 25 swim @ 30 or r=10</b> • fast tempo • <b>extra 30 seconds rest</b>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/MARCH 12, 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>300 choice</b>
EN-1	<b>6 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 (continuous):</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</li><li>• 1<sup>st</sup> round: fly</li><li>• 2<sup>nd</sup> round: back</li><li>• 3<sup>rd</sup> round: breast</li><li>• 4<sup>th</sup> round: free</li><li>• 1 x 100 IM @ 2:20 or r=30</li></ul>
REC	<b>12 x 25 @ r=5</b> <ul style="list-style-type: none"><li>• 1 x 25 scull with kick/2 x 25 swim</li></ul>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/MARCH 13, 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>4 x 50 [25 scull with free kick/25 swim] @ r=10</b>
EN-1 TO EN-2	<b>2 x through:</b> <ul style="list-style-type: none"><li>• 1 x 100 pull @ 1:45 or r=15</li><li>• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none"><li>• negative split</li></ul></li><li>• 1 x 100 pull @ 1:45 or r=15</li><li>• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>• descend times 1-2</li></ul></li><li>• 1 x 100 pull @ 1:45 or r=15</li><li>• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li></ul>
REC	<b>100 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/MARCH 14, 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 swim</b>
EN-1	<b>4 x 100 pull @ 1:45 or r=15</b> <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-2	<b>4 x 75 kick @ 2:00 or r=20</b> <ul style="list-style-type: none"><li>• build speed within each 75</li></ul>
EN-1	<b>4 x 50 stroke drill @ 1:10 or r=15</b>
EN-2	<b>4 x 150 stroke @ 3:20 or r=30</b> <ul style="list-style-type: none"><li>• descend times 1-4</li></ul>
EN-2	<b>4 x 25 swim @ 50 or r=20</b> <ul style="list-style-type: none"><li>• 3, 2, 1, 0 breaths!</li></ul>
EN-1 TO EN-2	<b>400 swim: fast in and out of turns, easy between</b>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/MARCH 15, 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>200 swim</b> <b>stretch for 2 minutes</b> <b>200 swim [mix of strokes]</b> <b>stretch for 2 minutes</b> <b>200 kick [mix of strokes]</b> <b>stretch for 2 minutes</b>
EN-1 TO EN-2	<b>8 x 50 @ 1:05 or r=10</b> <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul> <b>12 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>• build</li></ul>
EN-1 TO SP-1	<b>4 x 25 swim @ 1:00 or r=45</b> <ul style="list-style-type: none"><li>• 100 race pace</li></ul> <b>4 x 50 [25 drill/25 swim] @ 1:10 or r=20</b> <ul style="list-style-type: none"><li>• moderate pace</li></ul> <b>1 x 300 swim or pull @ 5:30 or r=60</b> <ul style="list-style-type: none"><li>• easy pace</li></ul> <b>4 x 50 swim @ 1:30 or r=45</b> <ul style="list-style-type: none"><li>• 200 race pace</li></ul> <b>4 x 25 drill @ 45 or r=15</b> <ul style="list-style-type: none"><li>• moderate pace</li></ul> <b>1 x 300 swim or pull</b> easy pace

**TOTAL: 2500 METERS**