

DAY/DATE: MONDAY/APRIL 8, 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	4 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 100 @ 1:45 or r=15• 200 @ 3:30 or r=30• 400 @ 6:30 or r=30• 800 @ 13:00 or r=60• 400 @ 6:30 or r=30• 200 @ 3:30 or r=30• 100 @ 1:45 or r=15
REC	100 choice

TOTAL: 3100 METERS

DAY/DATE: TUESDAY/APRIL 9, 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 swim 4 x 50 kick @ r=10 <ul style="list-style-type: none">• 1 each stroke
EN-1 TO EN-2	<ul style="list-style-type: none">• 8 x 25 breast @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 4 x 100 @ 2:15 or r=30<ul style="list-style-type: none">• 50 free/25 breast/25 free• 8 x 25 back @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 4 x 100 @ 2:15 or r=30<ul style="list-style-type: none">• 25 free/25 back/25 breast/25 free• 8 x 25 fly @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 4 x 100 IM @ 2:15 or r=30
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/APRIL 10, 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	200 swim 200 kick 200 pull
EN-1	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• 25 build kick/25 fast feet 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• DPS
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">• 2 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• breathe 3/5/3/5 by 25's• 4 x 50 swim @ 55 or r=10<ul style="list-style-type: none">• negative split• 200 swim @ 3:45 or r=45<ul style="list-style-type: none">• build speed
REC	8 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull with kick/25 swim

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 11, 2013

FOCUS: SWIM CLINIC

Breaststroke Clinic!

Common Errors:

- **Breathing too early** – breathing should occur during in-sweep of hands (as opposed to during out-sweep).
- **Pulling knees under hips** – it's all about streamlining! Try kicking against the side of the pool. Concentrate on bringing heels up instead of knees up.
- **Pulling back with elbows** – try to keep your hands in front of your nose, or your hands in front of your shoulders.
- **Starting out-sweep of pull too early** – a good rule of thumb is to begin out-sweep of pull as feet come together at finish of kick; this may involve some gliding (often under-rated)!

Key Drills:

- **Cobra drill** – breaststroke with flutter kick, **breathe during in-sweep**. This is an excellent timing drill.
- **No-arm breaststroke** – breaststroke with arms at sides, breathe every stroke, lift to breathe as you lift heels, return face to water as you finish kick ("**up together, down together**"). This is a first-rate timing drill.
- **3-2-1 glide** – 25 breaststroke with a **3-second glide**, 25 breaststroke with a **2-second glide**, 25 breaststroke with a **1-second glide**. This is also a fine timing drill.
- **Breaststroke scull set** (borrowed from Bill Sweetenham) – in prone position and flutter kicking perform **8 top sculls, 8 middle sculls, 8 "wide" sculls** (scull at corners), and swim breaststroke. This is a great drill to do in meet warm-ups as it enhances feel better than anything else I've tried.

DAY/DATE: FRIDAY/APRIL 12, 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 2 x 50 swim @ r=10 200 kick 2 x 50 kick @ r=10
EN-1	4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none">• 25 drill/25 DPS/25 build
REC TO SP-1	<ul style="list-style-type: none">• 12 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• every 3rd 50 fast!• 100 easy• 8 x 50 swim @ 1:15 or r=30<ul style="list-style-type: none">• every 2nd 50 fast!• 100 easy• 4 x 50 swim @ 1:30 or r=45<ul style="list-style-type: none">• all 50's fast!
REC	200 choice

TOTAL: 2500 METERS