

DAY/DATE: MONDAY/MAY 27, 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 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 500 swim @ 8:20 or r=50<ul style="list-style-type: none">• 250 pull @ 4:10 or r=25<ul style="list-style-type: none">• 5 x 50 swim @ 1:00 or r=15• 400 swim @ 6:40 or r=40<ul style="list-style-type: none">• 200 pull @ 3:20 or r=20<ul style="list-style-type: none">• 4 x 50 swim @ 1:00 or r=15• 300 swim @ 5:00 or r=30<ul style="list-style-type: none">• 150 pull @ 2:30 or r=15<ul style="list-style-type: none">• 3 x 50 swim @ 1:00 or r=15• 200 swim @ 3:20 or r=20<ul style="list-style-type: none">• 100 pull @ 1:40 or r=10<ul style="list-style-type: none">• 2 x 50 swim @ 1:00 or r=15
REC	100 choice

TOTAL: 3100 METERS

DAY/DATE: TUESDAY/MAY 28, 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	200 swim, 100 kick, 100 pull
EN-1	16 x 25 swim @ 40 or r=15 4 x through: <ul style="list-style-type: none">• 4 breaths• 3 breaths• 2 breaths• 1 breath
EN-1 TO EN-2	4 x through (1 round each stroke): <ul style="list-style-type: none">• 25 swim @ 45 or r=15• 50 kick @ 1:30 or r=15<ul style="list-style-type: none">• 75 [25 drill/25 swim/25 drill] @ 1:45 or r=15• 100 [50 stroke/50 free] @ 2:00 or r=30• 75 [25 swim/25 drill/25 swim] @ 1:45 or r=15• 50 kick @ 1:30 or r=15• 25 swim @ 45 or r=15
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/MAY 29, 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 free, stretch for 2 minutes• 200 swim (mix of strokes), stretch for 2 minutes• 200 IM kick, stretch on wall for 2 minutes
EN-1	12 x 25 [25 scull/25 glide/25 pull] @ r=5
EN-1 TO EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: push last 100• #2: push middle 100• #3: push 1st 100
EN-1 TO EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• descend 1-3, 4-6• choose one stroke for 1-3• choose another stroke for 4-6
EN-1 TO EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: push even 50's• #2: push odd 50's• #3: push entire 200!
EN-1	9 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5/7 by 50's
REC	150 choice

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/MAY 30, 2013

FOCUS: SWIMMING ON THE LINE

Topic: Rope Drill (or Swimming on the Line)

What:

This drill simulates how the body moves past the point where the hand catches the water; this drill improves ability to catch hold of water, facilitates gliding, and encourages rolling on the long axis.

Set-up:

Secure a rope (about ½" in diameter) the length of the pool, on or below the surface of the water. An easy way is to tie the ends of the rope to the hooks that the lane line connects to (if you leave the lane line in, the rope should be positioned diagonally).

How:

Place yourself above the rope with your long axis aligned along the rope. Recover right-arm over water, grab rope, and pull your body along, recover left-arm over the water, grab rope, and pull your body along; you will be pulling (not kicking) your body arm-over-arm along the rope. Your goal is to grab the rope as far in front as possible, then pull yourself hard enough so you get a glide before grabbing the rope with the other hand. Your goal is also to keep the rope underneath your body and on the long axis (i.e., the less you disturb the rope, the more you are swimming on a long axis).

Practice:

Swim 10 x 50: first length is on the rope, second length is off the rope. Notice the difference in your stroke as you swim the second length.

DAY/DATE: FRIDAY/MAY 31, 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 [25 kick/25 swim] 4 x 50 @ r=10 <ul style="list-style-type: none">• 25 drill/25 swim 8 x 25 swim @ r=10 <ul style="list-style-type: none">• 25 DPS/25 build
EN-1	300 pull, breathe 3/5/3 by 100's
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 1 x 150 free @ 3:00 or r=30<ul style="list-style-type: none">• medium effort• 2 x 75 stroke @ 1:45 or r=30<ul style="list-style-type: none">• hard effort• 3 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">• medium effort• 6 x 25 stroke @ 45 or r=20<ul style="list-style-type: none">• hard effort• extra 30 seconds rest
REC	200 [25 scull/25 swim]

TOTAL: 2500 METERS