

DAY/DATE: MONDAY/JUNE 10, 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	400 choice
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• <b>500 pull @ 8:00 or r=30</b><ul style="list-style-type: none"><li>○ breathe 3/5/3/5/3 by 100's</li></ul></li><li>• <b>10 x 50 swim @ 1:00 or r=15</b><ul style="list-style-type: none"><li>○ descend times 1-5, 6-10</li></ul></li><li>• <b>400 pull @ 6:30 or r=30</b><ul style="list-style-type: none"><li>○ breathe 3/5/3/5 by 100's</li></ul></li><li>• <b>8 x 50 swim @ 1:00 or r=15</b><ul style="list-style-type: none"><li>○ descend times 1-4, 5-8</li></ul></li><li>• <b>300 pull @ 5:00 or r=30</b><ul style="list-style-type: none"><li>○ breathe 3/5/3 by 100's</li></ul></li><li>• <b>6 x 50 swim @ 1:00 or r=15</b><ul style="list-style-type: none"><li>○ descend times 1-3, 4-6</li></ul></li></ul>
REC	200 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/JUNE 11, 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>4 x 50 kick @ r=10</b> <ul style="list-style-type: none"><li>• 1 of each stroke</li></ul>
EN-1 TO EN-2	<b>2 x through:</b> <ul style="list-style-type: none"><li>• <b>4 x 25 fly @ 45 or r=15</b><ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul></li><li>• <b>2 x 100 IM @ 2:15 or r=30</b></li><li>• <b>4 x 25 back @ 45 or r=15</b><ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul></li><li>• <b>2 x 100 IM @ 2:15 or r=30</b></li><li>• <b>4 x 25 breast @ 45 or r=15</b><ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul></li><li>• <b>2 x 100 IM @ 2:15 or r=30</b></li></ul>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/JUNE 12, 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"><li>• 200 swim</li><li>• 12 x 25 [25 scull/25 pull] @ r=5</li></ul>
EN-1 TO EN-3	<p>2 x through (pace gets faster as distance gets shorter:</p> <ul style="list-style-type: none"><li>• 300 swim @ 5:00 or r=30</li><li>• 2 x 150 swim @ 2:45 or r=20</li><li>• 4 x 75 swim @ 1:30 or r=20</li><li>• 6 x 50 swim @ 1:00 or r=15</li><li>• extra 30 seconds rest</li></ul>
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/JUNE 13, 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>200 swim</b> <b>200 [25 10-beat free/25 free]</b> <b>200 pull</b>
EN-1	<b>8 x 25 @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 2 kicks, 1 pull breast/25 breast</li><li>• 25 4-beat fly/25 fly</li><li>• repeat sequence</li></ul>
EN-2	<b>2 x 300 swim @ 5:30 or r=30</b> <ul style="list-style-type: none"><li>• 100 free/100 stroke/100 free</li></ul>
EN-1	<b>8 x 25 @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 cobra/25 breast</li><li>• 25 single-arm fly/25 fly</li><li>• repeat sequence</li></ul>
EN-2	<b>4 x 150 swim @ 3:00 or r=20</b> <ul style="list-style-type: none"><li>• 50 free/50 stroke/50 free</li></ul>
EN-1	<b>8 x 25 @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 3-up, 3-down breast/25 breast</li><li>• 25 1-1-1 fly/25 fly</li><li>• repeat sequence</li></ul>
REC	<b>100 swim</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/JUNE 14, 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>400 choice</b>
EN-1	<b>6 x 75 @ 1:40 or r=20</b> • 25 drill/25 DPS/25 build
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• 1 x 150 free, moderate pace @ 3:00 or r=30</li> <li>• 3 x 50 swim @ 1:15 or r=20-30 • descend times 1-3</li> <li>• 2 x 75 free, moderate pace @ 1:30 or r=15</li> <li>• 3 x 50 swim @ 1:15 or r=20-30 • descend times 1-3</li> <li>• 3 x 50 free, moderate pace @ 1:00 or r=10</li> <li>• 3 x 50 swim @ 1:15 or r=20-30 • descend times 1-3</li> <li>• 2 x 75 free, moderate pace @ 1:30 or r=15</li> <li>• 3 x 50 swim @ 1:15 or r=20-30 • descend times 1-3</li> <li>• 1 x 150 free, moderate pace @ 3:00 or r=30</li> <li>• 3 x 50 swim @ 1:15 or r=20-30 • descend times 1-3</li> </ul>
REC	<b>150 swim</b>

**TOTAL: 2500 METERS**