

DAY/DATE: MONDAY/JUNE 17, 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> <b>200 swim</b>
EN-1	<b>2 x through:</b> <ul style="list-style-type: none"><li>• 2 x 25 kick @ r=10</li><li>• 2 x 50 [25 drill/25 swim] @ r=10</li><li>• 2 x 75 [25 scull with kick/25 drill/25 swim] @ r=20</li></ul>
EN-1 TO EN-2	<b>3 x 500 @ r=45</b> <b>#1: pull with buoy and band</b> <b>#2: pull with buoy</b> <b>#3: swim</b>
REC	<b>100 easy</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: TUESDAY/JUNE 18, 2013

FOCUS: IM

REC	<b>400 swim</b> <b>100 back kick</b> <b>100 IM drill</b>
EN-1	<b>2 x 300 pull @ 4:45 or r=15</b> <ul style="list-style-type: none"> <li>• breathe 3/5/3/7/3/5 by 50's</li> </ul>
EN-2	<b>8 x 75 swim @ 1:30 or r=20</b> <b>2 x through:</b> <ul style="list-style-type: none"> <li>• 25 fly/50 free</li> <li>• 25 back/50 free</li> <li>• 25 breast/50 free</li> <li>• 25 fly/25 back/25 breast</li> </ul>
EN-3/REC	<b>20 x 25 swim with fins @ 45 or r=20</b> <ul style="list-style-type: none"> <li>• 15 meters (or yards) fast underwater dolphin kick/10 meters (or yards) easy swim</li> </ul>
REC	<b>200 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/JUNE 19, 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>3 x [200 swim, 100 kick]</b>
EN-1	<ul style="list-style-type: none"><li>• <b>4 x 75 pull @ 1:30 or r=15</b><ul style="list-style-type: none"><li>• breathe 3/5/3 by 25's</li></ul></li><li>• <b>4 x 50 pull @ 55 or r=10</b><ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li><li>• <b>4 x 25 pull @ 30 or r=5</b><ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul></li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• <b>4 x 150 swim @ 2:45 or r=30</b><ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• <b>4 x 100 swim @ 1:45 or r=15</b><ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• <b>4 x 50 swim @ 60 or r=15</b><ul style="list-style-type: none"><li>• same pace as 4<sup>th</sup> 100</li></ul></li><li>• <b>4 x 25 swim @ 30 or r=5-10</b><ul style="list-style-type: none"><li>• all fast</li></ul></li></ul>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/JUNE 20, 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>4 x [100 swim, 50 kick]</b>
EN-1	<b>400 pull: breathe 3/5/3/7 by 50's</b>
EN-1	<b>4 x 50 stroke drill @ r=10</b>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• <b>3 x 100 @ 2:00 or r=20</b><ul style="list-style-type: none"><li>• 25 stroke/75 free</li></ul></li><li>• <b>3 x 100 @ 2:10 or r=20</b><ul style="list-style-type: none"><li>• 50 stroke/50 free</li></ul></li><li>• <b>3 x 100 @ 2:20 or r=20</b><ul style="list-style-type: none"><li>• 75 stroke/25 free</li></ul></li><li>• <b>3 x 100 @ 2:30 or r=20</b><ul style="list-style-type: none"><li>• 100 stroke</li></ul></li></ul>
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/JUNE 21, 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	<ul style="list-style-type: none"><li>• 400 swim</li><li>• 200 kick</li><li>• 2 x 75 [25 kick/25 drill/25 swim] @ r=15</li><li>• 100 [25 scull with free kick/25 swim]</li></ul>
SP-1	150 fast @ 2:30 or r=20
REC	300 easy swim
SP-1	2 x 75 fast @ 1:30 or r=30
REC	300 easy swim
SP-1	2 x 50 fast @ 60 or r=20
REC	300 easy swim
SP-1	2 x 25 fast @ 40 or r=20
REC	300 easy swim

**TOTAL: 2500 METERS**