

DAY/DATE: MONDAY/JULY 1, 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 100 kick 200 [25 drill/25 swim]
EN-1 TO EN-2	<ul style="list-style-type: none">• 600 pull @ 9:40 or r=40<ul style="list-style-type: none">• breathe 3/5/3/7/3/5 by 100's• 4 x 150 swim @ 2:40 or r=20<ul style="list-style-type: none">• descend times 1-4• 400 pull @ 6:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5 by 100's• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• descend times 1-4• 200 pull @ 3:20 or r=20<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• 4 x 50 swim @ 55 or r=10<ul style="list-style-type: none">• descend times 1-4
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/JULY 2, 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 200 kick 200 pull
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-2	4 x through: <ul style="list-style-type: none">• 4 x 25 swim @ 45 or r=15<ul style="list-style-type: none">• 100 IM order• 100 IM @ 2:15 or r=30
EN-1	200 kick
EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• 2 of each stroke
REC	300 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JULY 3, 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	500 choice
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim
EN-1 TO EN-3	20 x 75 @ 1:30 or r=20-30 <ul style="list-style-type: none">• 1-4 @ EN-1 pace• 5-8 @ EN-2 pace• 9-12 @ EN-3 pace• 13-16 @ EN-2 pace• 17-20 @ EN-1 pace
EN-1 TO EN-3	20 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 2 x 25: ½ length underwater dolphin kick/ ½ length easy swim• 2 x 25: DPS
REC	200 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/JULY 4, 2013

FOCUS: STROKE

REC	300 swim
EN-1	<ul style="list-style-type: none"> • 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> • 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> • 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> • 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> • 100 pull @ 1:40 or r=10
EN-1 TO EN-2	<ul style="list-style-type: none"> • 4 x 25 stroke @ 45 or r=15 <ul style="list-style-type: none"> • 25 drill/25 swim • 1 x 50 swim [25 stroke/25 free] @ 60 or r=10 • 4 x 25 stroke @ 45 or r=15 <ul style="list-style-type: none"> • 25 drill/25 swim • 1 x 100 swim [50 stroke/50 free] @ 2:00 or r=20 • 4 x 25 stroke @ 45 or r=15 <ul style="list-style-type: none"> • 25 drill/25 swim • 1 x 150 swim [75 stroke/75 free] @ 3:00 or r=30 • 4 x 25 stroke @ 45 or r=15 <ul style="list-style-type: none"> • 25 drill/25 swim • 1 x 200 swim [100 stroke/100 free]
EN-3	8 x 25 swim from mid-pool @ 45 or r=20
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/JULY 5, 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 kick 200 pull
EN-1	6 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-1 TO SP-1	12 x 25 swim @ 45 or r=15 3 x through: <ul style="list-style-type: none">• 12.5 easy/12.5 fast• 12.5 fast/12.5 easy• 25 easy• 25 fast
EN-1 TO SP-1	12 x 50 @ 1:10 or r=20 3 x through: <ul style="list-style-type: none">• 25 easy/25 fast• 25 fast/25 easy• 50 easy• 50 fast
EN-1	400 pull <ul style="list-style-type: none">• (breathe 3/3/5/3 by 100's) 4 x 50 pull @ r=10
REC	100 swim

TOTAL: 2500 METERS