

DAY/DATE: MONDAY/JUNE 24, 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>500 swim</b>
EN-1	<b>10 x 50 @ 1:00 or r=15</b> <b>5 x through:</b> <ul style="list-style-type: none"><li>• 25 10-beat free/25 catch-up free</li><li>• 50 DPS free</li></ul>
EN-1 TO EN-3	<b>1000 swim</b> <b>3 x through + 100 easy:</b> <ul style="list-style-type: none"><li>• 100 easy</li><li>• 100 moderate</li><li>• 100 fast</li></ul>
EN-1	<b>10 x 50 pull @ 55 or r=10</b> <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-1/EN-3	<b>10 x 25 swim @ 30 or r=10</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	<b>250 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/JUNE 25, 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>
EN-1	<b>4 x through:</b> <ul style="list-style-type: none"> <li>• 25 scull/25 glide stroke/25 pull</li> </ul>
EN-2	<b>2 x through:</b> <ul style="list-style-type: none"> <li>• 4 x 25 swim @ 40 or r=10               <ul style="list-style-type: none"> <li>• 1 each stroke</li> </ul> </li> <li>• 3 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 back/25 breast</li> <li>• 25 breast/25 free</li> </ul> </li> <li>• 1 x 200 IM @ 4:30 or r=60</li> </ul>
EN-1 TO EN-2	<b>4 x through (continuous):</b> <ul style="list-style-type: none"> <li>• 25 back</li> <li>• 25 fly</li> <li>• 25 back</li> <li>• 25 breast</li> <li>• 25 free</li> <li>• 25 free</li> <li>• 25 free</li> </ul>
REC	<b>200 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/JUNE 26, 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>100 swim</b> <b>100 kick</b> <b>100 pull</b>
EN-1 TO EN-2	<b>6 x 50 pull @ 55 or r=10</b> • fast tempo <b>3 x 100 swim @ 1:45 or r=15</b> • moderate effort <b>2 x 150 pull @ 2:30 or r=15</b> • DPS <b>1 x 300 swim @ 5:00 or r=30</b> • negative split <b>2 x 150 pull @ 2:30 or r=15</b> • DPS <b>3 x 100 swim @ 1:45 or r=15</b> • moderate effort <b>6 x 50 pull @ 55 or r=10</b> • fast tempo
REC	<b>100 swim</b>

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/JUNE 27, 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>300 swim</b>
EN-1	<b>12 x 25 kick @ 45 or r=10</b> • 2 x 25 stroke/1 x 25 free
EN-2	<b>8 x 25 stroke @ 40 or r=10</b> <b>4 x 50 stroke @ 1:05 or r=15</b> <b>2 x 100 stroke @ 2:15 or r=20-30</b>
EN-1	<b>12 x 25 pull @ 45 or r=5-15</b> • 2 x 25 breast/1 x 25 free
EN-2	<b>2 x 100 stroke @ 2:15 or r=20-30</b> <b>4 x 50 stroke @ 1:05 or r=15</b> <b>8 x 25 stroke @ 40 or r=10</b>
EN-1	<b>12 x 25 drill @ 45 or r=15</b> • 2 x 25 stroke/1 x 25 free
REC	<b>100 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/JUNE 28, 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>200 swim 300 kick 200 pull</b>
EN-1/EN-3	<b>12 x 50 swim @ 1:00 or r=15</b> • every 3 <sup>rd</sup> 50 fast!
REC	<b>200 pull</b>
EN-1/SP-1	<b>8 x 50 swim @ 1:15 or r=30</b> • every 2 <sup>nd</sup> 50 fast!
REC	<b>200 pull</b>
SP-1	<b>4 x 50 swim @ 1:30 or r=60</b> • all fast!
REC	<b>200 pull</b>

**TOTAL: 2500 METERS**