

DAY/DATE: MONDAY/AUGUST 12, 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	4 x [100 swim, 50 kick]
EN-1	<p>4 x 50 @ 1:00 or r=10</p> <ul style="list-style-type: none"> • 25 10-beat free/25 swim <p>4 x 50 @ 1:00 or r=10</p> <ul style="list-style-type: none"> • 25 human stroke (long dog)/25 swim <p>4 x 50 @ 1:00 or r=10</p> <ul style="list-style-type: none"> • 25 catch-up free/25 swim
EN-1 TO EN-3	<p>The Davis Mile, broken 1650</p> <p>Subtract 2 ½ minutes for total time:</p> <ul style="list-style-type: none"> • 275 swim (11 lengths) @ 20 seconds rest • 250 swim (10 lengths) @ 20 seconds rest • 225 swim (9 lengths) @ 20 seconds rest • 200 swim (8 lengths) @ 15 seconds rest • 175 swim (7 lengths) @ 15 seconds rest • 150 swim (6 lengths) @ 15 seconds rest • 125 swim (5 lengths) @ 15 seconds rest • 100 swim (4 lengths) @ 10 seconds rest • 75 swim (3 lengths) @ 10 seconds rest • 50 swim (2 lengths) @ 10 seconds rest • 25 swim (1 length)
REC	150 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/AUGUST 13, 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	400 swim 4 x 50 kick @ r=10 <ul style="list-style-type: none">• 1 of each stroke
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 4 x 25 fly @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 2 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none">• 25 fly/75 free• 4 x 25 back @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 2 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none">• 25 free/25 back/50 free• 4 x 25 breast @ 45 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• 2 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none">• 50 free/25 breast/25 free
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/AUGUST 14, 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	200 swim 2 x 100 [25 drill/25 swim] @ r=15 4 x 50 kick @ r=10 8 x 25 [25 scull/25pull] @ r=5
EN-1 TO EN-3	<ul style="list-style-type: none">• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">• moderate pace, breathe every 3rd stroke• 2 x 150 swim @ 2:35 or r=20<ul style="list-style-type: none">• negative split each 150• 4 x 75 swim @ 1:25 or r=15<ul style="list-style-type: none">• descend times 1-4• 6 x 50 swim @ 55 or r=10<ul style="list-style-type: none">• descend times 1-3, 4-6• 4 x 75 swim @ 1:25 or r=15<ul style="list-style-type: none">• descend times 1-4• 2 x 150 swim @ 2:35 or r=20<ul style="list-style-type: none">• negative split each 150• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">• moderate pace, breathe every 3rd stroke
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/AUGUST 15, 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	200 swim 200 kick 200 pull
EN-1	8 x 75 pull @ 1:20 or r=10 <ul style="list-style-type: none">• breathe 3/5/3 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 12 x 25 fly or breast @ 45 or r=15• 200 choice [25 drill/25 swim] @ 4:00 or r=20• 8 x 25 fly or breast @ 40 or r=10• 200 choice [25 drill/25 swim] @ 4:00 or r=20• 4 x 25 fly or breast @ 35 or r=5• 200 choice [25 drill/25 swim]
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/AUGUST 16, 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	8 x 50 @ r=10 <ul style="list-style-type: none">• 25 kick/25 swim• 25 drill/25 swim
EN-1 TO SP-1	3 x through: <ul style="list-style-type: none">• 4 x 50 swim @ r=10<ul style="list-style-type: none">#1=25 easy/25 fast#2=25 fast/25 easy#3=50 easy#4=50 fast (90%)• 2 x 50 swim (fast, 95%) @ r=30• 1 x 100 swim (build) @ r=10• 1 x 50 swim (easy) @ r=60
REC	150 choice

TOTAL: 2500 METERS