

DAY/DATE: MONDAY/JANUARY 20, 2014

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 4 x 50 [25 kick/25 swim] @ r=10 4 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-2	Davis Mile "Plus" Broken 2500 (subtract 2 minutes to get time): <ul style="list-style-type: none">• 30 lengths [750] @ r=30• 25 lengths [625] @ r=30• 20 lengths [500] @ r=30• 15 lengths [375] @ r=30• 10 lengths [250]
REC	100 choice

TOTAL: 3100 METERS

DAY/DATE: TUESDAY/JANUARY 21, 2014

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 [25 10-beat free/25 free] 200 pull
EN-1	8 x 25 @ 40 or r=15 <ul style="list-style-type: none">• 25 4-beat fly/25 fly
EN-1 TO EN-2	2 x 300 swim @ 5:15 or r=30 <ul style="list-style-type: none">• 100 free/100 stroke/100 free
EN-1	8 x 25 @ 40 or r=15 <ul style="list-style-type: none">• 25 10-beat back/25 back
EN-1 TO EN-2	4 x 150 swim @ 2:50 or r=20 <ul style="list-style-type: none">• 50 free/50 stroke/50 free
EN-1	8 x 25 @ 40 or r=15 <ul style="list-style-type: none">• 25 2 kicks, 1 pull breast/25 breast
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JANUARY 22, 2014

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 choice
EN-1	2 x through: <ul style="list-style-type: none">• 100 pull @ 1:45 or r=15• 2 x 50 @ 1:10 or r=15<ul style="list-style-type: none">○ 25 kick/25 drill
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 4 x 50 swim @ 55 or r=10<ul style="list-style-type: none">○ @ 500 pace• 200 swim @ 4:00 or r=45<ul style="list-style-type: none">○ easy• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">○ @ 500 pace + 5 seconds• 200 swim @ 4:00 or r=45<ul style="list-style-type: none">○ easy• 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">○ @ 500 pace + 10 seconds• 200 swim @ 4:00 or r=45<ul style="list-style-type: none">○ easy

TOTAL: 3000 METERS

DAY/DATE: FRIDAY/JANUARY 24, 2014

FOCUS: SPEED

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 [25 scull/25 pull]
EN-1	8 x 25 @ r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 4 x 100 swim @ 1:50 or r=20• 3 x 100 swim @ 1:40 or r=10• 2 x 100 swim @ 1:30 or r=5• extra 60-120 seconds rest
REC	100 choice

TOTAL: 2500 METERS