

DAY/DATE: MONDAY/JANUARY 27, 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	<b>200 swim, 2 x 50 swim @ r=10 200 kick, 2 x 50 kick @ r=10</b>
EN-1	<b>12 x 25 @ r=5 • 25 scull/25 pull</b>
EN-1 TO EN-2	<b>100 @ 1:40 or r=10 200 @ 3:20 or r=20 300 @ 5:00 or r=30 400 @ 6:40 or r=40 300 @ 5:00 or r=30 200 @ 3:20 or r=20 100 @ 1:40 or r=10</b>
EN-1	<b>200 kick</b>
EN-2	<b>8 x 25 kick @ 45 or r=10</b>
REC	<b>100 swim</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/JANUARY 28, 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	<b>200 swim</b> <b>200 kick</b> <b>200 pull</b>
EN-1 TO EN-2	<b>300 pull @ 5:00 or r=30</b> <ul style="list-style-type: none"><li>• breathe 3/5/3 by 100's</li></ul> <b>2 x 150 swim @ 3:10 or r=20</b> <ul style="list-style-type: none"><li>• 50 back/50 breast/50 free</li></ul> <b>3 x 100 pull @ 2:15 or r=20</b> <ul style="list-style-type: none"><li>• 25 breast/25 free/25 breast/25 free</li></ul> <b>6 x 50 kick @ 1:30 or r=15</b> <ul style="list-style-type: none"><li>• 2 fly</li><li>• 2 back</li><li>• 2 breast</li></ul>
EN-2	<b>20 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>• 100 IM order</li></ul>
REC	<b>200 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/JANUARY 29, 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	400 choice
EN-1 TO EN-3	<p><b>1 x 400 pull @ 7:00 or r=60</b></p> <ul style="list-style-type: none"><li>• breathe 3/5/3/5 by 100's</li></ul> <p><b>4 x 50 kick @ 1:30 or r=15</b></p> <ul style="list-style-type: none"><li>• descend times 1-4</li></ul> <p><b>2 x 200 swim @ 3:30 or r=30</b></p> <ul style="list-style-type: none"><li>• push 3<sup>rd</sup> 50 in each 200</li></ul> <p><b>2 x 100 kick @ 3:00 or r=20</b></p> <ul style="list-style-type: none"><li>• push 3<sup>rd</sup> 25 of each 100</li></ul> <p><b>4 x 100 pull @ 1:45 or r=15</b></p> <ul style="list-style-type: none"><li>• descend times 1-4</li></ul> <p><b>1 x 200 kick @ 5:00 or r=30</b></p> <ul style="list-style-type: none"><li>• push 3<sup>rd</sup> 50</li></ul> <p><b>8 x 50 swim @ 55 or r=10</b></p> <ul style="list-style-type: none"><li>• negative split</li></ul>
SP-1	<p><b>8 x 25 from center of pool @ 45</b></p> <ul style="list-style-type: none"><li>• fast turns!</li></ul>
REC	200 choice

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/JANUARY 30, 2014

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	300 choice
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 100 kick @ 2:30 or r=20</li><li>• 2 x 100 [25 drill/25 swim] @ 2:00 or r=20</li><li>• 3 x 100 swim @ 2:10 or r=20<ul style="list-style-type: none"><li>• 25 stroke/25 free</li></ul></li><li>• 4 x 100 pull @ 1:45 or r=15</li><li>• 3 x 100 swim @ 2:10 or r=20<ul style="list-style-type: none"><li>• 50 stroke/50 free</li></ul></li><li>• 2 x 100 [50 drill/50 swim] @ 2:00 or r=20</li><li>• 1 x 100 kick @ 2:30 or r=20</li></ul>
EN-2	20 x 25 swim @ 40 or r=15 4 x through: <ul style="list-style-type: none"><li>• 3 strokes fly, free</li><li>• 4 strokes fly, free</li><li>• 5 strokes fly, free</li><li>• all fly</li><li>• all free</li></ul>
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/JANUARY 31, 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	<b>300 swim 200 kick 100 pull</b>
EN-1	<b>8 x 50 @ 1:10 or r=20</b> <ul style="list-style-type: none"><li>• 1-4: 25 kick/25 swim</li><li>• 5-8: 25 drill/25 swim</li></ul>
EN-3	<b>3 x 200 swim @ 4:00 or r=60</b> <ul style="list-style-type: none"><li>• #1: straight 200</li><li>• #2: broken 15 seconds at 100 [subtract 15 seconds to get time]</li><li>• #3: broken 10 seconds at each 50 [subtract 30 seconds to get time]</li></ul>
EN-1	<b>6 x 50 pull or swim @ r=10</b>
EN-3	<b>3 x 100 swim @ 2:30 or r=60</b> <ul style="list-style-type: none"><li>• #1: straight 100</li><li>• #2: broken 15 seconds at 50 [subtract 15 seconds to get time]</li><li>• #3: broken 10 seconds at each 25 [subtract 30 seconds to get time]</li></ul>
REC	<b>300 choice</b>

**TOTAL: 2500 METERS**