

DAY/DATE: MONDAY/APRIL 14-18, 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	500 choice
EN-1 TO EN-2	<p>4 x 100 pull @ 1:45 or r=15 • moderately-fast tempo</p> <p>1 x 400 swim @ 6:30 or r=30 • DPS</p> <p>2 x 200 pull @ 3:15 or r=15 • moderate effort</p> <p>2 x 200 swim @ 3:15 or r=15 • moderate effort</p> <p>1 x 400 pull @ 6:30 or r=30 • DPS</p> <p>4 x 100 swim @ 1:45 or r=15 • moderately-fast tempo</p>
REC	100 choice

TOTAL: 3000 METERS