

DAY/DATE: TUESDAY/APRIL 15, 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 | 400 swim |
| EN-1 | 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 50's |
| EN-1 TO EN-2 | 16 x 75 swim @ 1:40 or r=20 4 x through: <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free• 50 free/25 fly |
| EN-2 | 12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order |
| REC | 200 choice |

TOTAL: 2500 METERS