

DAY/DATE: WEDNESDAY/APRIL 16, 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	5 x 50 drill @ 1:00 or r=10
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 swim @ 6:30 or r=30• extra 30 seconds rest• 2 x 300 swim @ 5:00 or r=30• extra 30 seconds rest• 3 x 200 swim @ 3:20 or r=20• extra 30 seconds rest• 4 x 100 swim @ 1:40 or r=10• extra 30 seconds rest• 5 x 50 swim @ 50 or r=5
REC	100 choice

TOTAL: 3000 METERS