

DAY/DATE: THURSDAY/APRIL 17, 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	400 choice
EN-1 TO EN-2	1 x 500 pull @ 8:00 or r=30 <ul style="list-style-type: none">• breathe 3/5/3/5/3 by 100's 20 x 25 kick @ 45 or r=10 <ul style="list-style-type: none">• 2 x 25 stroke• 2 x 25 choice 2 x 250 swim @ 5:00 or r=20 <ul style="list-style-type: none">• 50 free/50 stroke/50 free/50 stroke/50 free 10 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">• 2 x 50 stroke• 2 x 50 choice
REC	100 choice

TOTAL: 2500 METERS