

DAY/DATE: FRIDAY/APRIL 18, 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	6 x [25 swim/25 kick/50 drill]
EN-1	8 x 25 [25 scull/25 pull] @ r=5
EN-1	12 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-3	10 x 50 swim @ 1:00 or r=10-20 <ul style="list-style-type: none">• odd 50's: best 200 pace + 1 second• even 50's: easy
EN-1	8 x 25 scull with free kick @ r=5
SP-1	10 x 25 swim @ 40 or r=20 <ul style="list-style-type: none">• odd 25's: best 100 pace + 1 second• even 25's: easy
REC	2 x [25 scull/25 glide/25 pull]
REC	300 swim: ascend pace by 100's

TOTAL: 2500 METERS