

DAY/DATE: MONDAY/APRIL 28, 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	400 swim 200 kick
EN-1 TO EN-2	Swim as one continuous set: <ul style="list-style-type: none">• 1 x 400 pull @ 7:00 or r=60• 4 x 100 swim @ 1:45 or r=15• 1 x 300 pull @ 5:15 or r=45• 4 x 75 swim @ 1:30 or r=15• 1 x 200 pull @ 3:30 or r=30• 4 x 50 swim @ 55 or r=10• 1 x 100 pull @ 1:45 or r=15• 4 x 25 swim @ 30 or r=10
EN-1	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/APRIL 29, 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	500 choice
EN-1	<p>2 x through:</p> <ul style="list-style-type: none"> • 4 x 25 fly kick @ 45 or r=10 <ul style="list-style-type: none"> • 1st 12.5 underwater • 2 x 50 choice kick @ 1:30 or r=15
EN-2	<p>2 x through:</p> <ul style="list-style-type: none"> • 4 x 50 pull @ 1:00 or r=15 <ul style="list-style-type: none"> • breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=15 <ul style="list-style-type: none"> • IM order • 4 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none"> • #1: 50 fly "DPS"/25 back "fast" • #2: 50 back "DPS"/25 breast "fast" • #3: 50 breast "DPS"/25 free "fast" • #4: 50 free "DPS"/25 fly "fast" • extra 60 seconds between rounds
REC	200 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/APRIL 30, 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	200 swim 2 x 50 swim @ r=10 200 kick 2 x 50 kick @ r=10
EN-1	12 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 25 @ 30 or r=5<ul style="list-style-type: none">• 50 @ 50 or r=5<ul style="list-style-type: none">• 75 @ 1:20 or r=10<ul style="list-style-type: none">• 100 @ 1:40 or r=10<ul style="list-style-type: none">• 200 @ 3:20 or r=20<ul style="list-style-type: none">• 300 @ 5:00 or r=30<ul style="list-style-type: none">• 400 @ 6:40 or r=40<ul style="list-style-type: none">• 300 @ 5:00 or r=30<ul style="list-style-type: none">• 200 @ 3:20 or r=20<ul style="list-style-type: none">• 100 @ 1:40 or r=10<ul style="list-style-type: none">• 75 @ 1:20 or r=10<ul style="list-style-type: none">• 50 @ 50 or r=5<ul style="list-style-type: none">• 25 @ 30 or r=5
REC	200: 25 scull with free kick/25 swim

Total = 3000 meters

DAY/DATE: THURSDAY/MAY 1, 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 swim 12 x 25 pull @ 30 or r=5
EN-2	Stroke #1 (choose one stroke): <ul style="list-style-type: none">• 400 @ 8:00 or r=60<ul style="list-style-type: none">• alternate: 50 stroke drill/50 free• 4 x 50 kick @ 1:30 or r=10<ul style="list-style-type: none">• stroke #1• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none">• stroke #1
EN-2	Stroke #2 (choose another stroke): <ul style="list-style-type: none">• 400 @ 8:00 or r=60<ul style="list-style-type: none">• alternate: 50 stroke drill/50 free• 4 x 50 kick @ 1:30 or r=10<ul style="list-style-type: none">• stroke #2• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none">• stroke #2
EN-1	12 x 25 pull @ 30 or r=5
REC	100 choice

Total = 2500 meters

DAY/DATE: FRIDAY/MAY 2, 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 TO EN-1	<ul style="list-style-type: none">• 300 swim• 300 pull• 6 x 50 pull @ 55 or r=10<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 75 @ r=15<ul style="list-style-type: none">• 50 kick/25 swim DPS
EN-1 TO EN-3	800 swim: <ul style="list-style-type: none">• 25 easy/25 fast<ul style="list-style-type: none">• 50 easy/50 fast<ul style="list-style-type: none">• 75 easy/75 fast<ul style="list-style-type: none">• 100 easy/100 fast<ul style="list-style-type: none">• 75 easy/75 fast• 50 easy/50 fast• 25 easy/25 fast
EN-1/SP-1	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 choice

Total = 2500 meters