

DAY/DATE: MONDAY/MAY 12, 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	200 swim 200 kick 200 pull
EN-1	11 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• 1-3: 4 breaths each 25• 4-7: 3 breaths each 25• 8-10: 2 breaths each 25• 11: 1 breath each 25
EN-1 TO EN-3	Davis Mile: Broken 1650 Subtract 2½ minutes to get time <ul style="list-style-type: none">• 11 lengths (275) @ r=20• 10 lengths (250) @ r=20• 9 lengths (225) @ r=20<ul style="list-style-type: none">◦ 8 lengths (200) @ r=15◦ 7 lengths (175) @ r=15◦ 6 lengths (150) @ r=15◦ 5 lengths (125) @ r=15<ul style="list-style-type: none">▪ 4 lengths (100) @ r=10▪ 3 lengths (75) @ r=10▪ 2 lengths (50) @ r=10• 1 length (25)
REC	200 choice

Total: 3000 meters

DAY/DATE: TUESDAY/MAY 13, 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	300 swim 200 IM kick 100 IM drill 8 x 25 swim @ r=10 • build
EN-2	<ul style="list-style-type: none">• 1 x 300 IM @ 5:30 or r=45• 4 x 50 fly @ 1:10 or r=20• 1 x 200 IM @ 4:00 or r=30• 4 x 50 back @ 1:10 or r=20• 1 x 100 IM @ 2:15 or r=30• 4 x 50 breast @ 1:10 or r=15
EN-2	12 x 25 swim @ 40 or r=10 • 100 IM order
EN-1	200 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/MAY 14, 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, 200 kick, 200 pull
EN-1	12 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> • 25 10-beat free/25 free • 50 corkscrew [4 strokes free, 5 strokes back] • 25 10-beat back/25 back
EN-1 TO EN-3	2 x through: 200 should be faster than pace of 300, 100 should be faster than pace of 200, 50 should be faster than pace of 100 <ul style="list-style-type: none"> • 300 swim @ 5:00 or r=30 • 200 swim @ 3:30 or r=30 • 100 swim @ 1:45 or r=15 • 50 swim @ 1:15 or r=30
EN-1/SP-1	12 x 25 @ 40 or r=15 <ul style="list-style-type: none"> • 12.5 easy/12.5 fast • 12.5 fast/12.5 easy
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/MAY 15, 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	6 x [50 swim, 25 drill, 25 kick]
EN-1	6 x 50 stroke @ 1:10 or r=15 • 25 drill/25 swim
EN-1	12 x 25 stroke @ 45 or r=15 • ½ length scull/½ length swim • ½ length swim/½ length scull
EN-1	800 pull: breathe 3/5/7/5 by 50's
EN-2	12 x 25 swim @ 45 or r=15 • 25 stroke/25 choice
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/MAY 16, 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	400 swim
EN-1 TO EN-3	<p>2 x through:</p> <ul style="list-style-type: none">• 200 swim @ 3:30 or r=30<ul style="list-style-type: none">◦ negative split• 2 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ moderate effort, breathe 3/5 by 25's• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">◦ negative split• 8 x 25 stroke @ 45 or r=20<ul style="list-style-type: none">◦ moderate – hard effort• extra 30 seconds rest
EN-1/SP-1	16 x 25 @ 40 or r=10-15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 swim

Total = 2500 meters