

DAY/DATE: MONDAY/MAY 5, 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	300 choice
EN-1	4 x 50 @ r=10 • 25 drill/25 swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 4 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ build pace in each 150• extra 30 seconds rest• 1 x 600 swim @ 10:00 or r=60<ul style="list-style-type: none">◦ negative split• 3 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's◦ moderate pace• 2 x 300 swim @ 4:30 or r=30<ul style="list-style-type: none">◦ descend times 1-2◦ pace should be faster than 600 pace
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/MAY 6, 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	600 choice
EN-1	2 x through: <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=10• 4 x 50 swim @ 1:00 or r=15
EN-1 TO EN-2	12 x 50 @ 1:10 or r=15 4 x through: <ul style="list-style-type: none">• 12.5 scull with flutter kick/12.5 fly/25 back• 12.5 scull with flutter kick/12.5 back/25 breast• 12.5 scull with flutter kick/12.5 breast/25 free
EN-1	24 x 25 stroke @ 45 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim• 6 each stroke, IM order
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/MAY 7, 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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 4 x 50 [25 drill/25 swim] @ r=10 • 4 x 25 [25 scull/25 glide stroke] @ r=5 • 4 x 25 build @ r=10
EN-1 TO EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ moderate pace • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ negative split • 1 x 300 pull @ 5:15 or r=45 <ul style="list-style-type: none"> ◦ moderate pace • 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ build • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split • 1 x 100 pull @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ fast
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/MAY 8, 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	<ul style="list-style-type: none"> • 200 swim, 200 kick, 200 pull • 8 x 25 drill @ r=10 <ul style="list-style-type: none"> ◦ 2 of each stroke
EN-1 TO EN-2	<p>8 x 75 @ 2:00 or r=15-30</p> <p>Choose 1 or 2 strokes:</p> <ul style="list-style-type: none"> • 75 kick • 50 kick/25 swim • 25 kick/50 swim • 75 swim • 75 swim • 50 swim/25 kick • 25 swim/50 kick • 75 kick
EN-1 TO EN-2	<p>8 x 50 swim @ 1:10 or r=15</p> <ul style="list-style-type: none"> • 25 back/25 breast
EN-2	<p>16 x 25 swim @ 30 or r=5</p> <ul style="list-style-type: none"> • 100 IM order
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/MAY 9, 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	200 swim, 200 kick, 200 pull
EN-1	4 x 75 @ r=15 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	12 x 50 swim: • 2 @ 1:00, 1 @ 1:15 Stroke count set, each set is 3 x 50: • #1: relaxed pace, count # of strokes • #2: 200 race pace, maintain same # of strokes • #3: max. speed, maintain same # of strokes 400 pull: breathe 3/5/3/5 by 100's 12 x 25 swim @ 45 or r=15 Stroke count set, each set is 3 x 25: • #1: relaxed pace, count # of strokes • #2: 200 race pace, maintain same # of strokes • #3: max. speed, maintain same # of strokes
REC	4 x [25 scull/25 glide stroke/25 pull]

Total = 2500 meters