

DAY/DATE: MONDAY/AUGUST 4, 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	4 x (100 swim, 50 kick)
EN-1	<ul style="list-style-type: none"> • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 10-beat free/25 swim • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 human stroke (long dog)/25 swim • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 catch-up free/25 swim
EN-1 TO EN-3	<p>The Davis Mile, broken 1650 Subtract 2 ½ minutes for total time:</p> <ul style="list-style-type: none"> • 275 swim (11 lengths) @ 20 seconds rest • 250 swim (10 lengths) @ 20 seconds rest • 225 swim (9 lengths) @ 20 seconds rest <ul style="list-style-type: none"> ◦ 200 swim (8 lengths) @ 15 seconds rest ◦ 175 swim (7 lengths) @ 15 seconds rest ◦ 150 swim (6 lengths) @ 15 seconds rest ◦ 125 swim (5 lengths) @ 15 seconds rest <ul style="list-style-type: none"> ▪ 100 swim (4 lengths) @ 10 seconds rest ▪ 75 swim (3 lengths) @ 10 seconds rest ▪ 50 swim (2 lengths) @ 10 seconds rest • 25 swim (1 length)
REC	150 choice

Total: 3000 meters

DAY/DATE: TUESDAY/AUGUST 5, 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"> • 400 swim • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 of each stroke
EN-1 TO EN-2	<p>2 x through:</p> <ul style="list-style-type: none"> • 4 x 25 fly @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 2 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 fly/75 free • 4 x 25 back @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 2 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 free/25 back/50 free • 4 x 25 breast @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 2 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 50 free/25 breast/25 free
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/AUGUST 6, 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 • 2 x 100 (25 drill/25 swim) @ r=15 • 4 x 50 kick @ r=10 • 8 x 25 (25 scull/25pull) @ r=5
EN-1 TO EN-3	<ul style="list-style-type: none"> • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 2 x 150 swim @ 2:35 or r=20 <ul style="list-style-type: none"> ◦ negative split each 150 • 4 x 75 swim @ 1:25 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 6 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 4 x 75 swim @ 1:25 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 2 x 150 swim @ 2:35 or r=20 <ul style="list-style-type: none"> ◦ negative split each 150 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke
REC	100 choice

Total = 3000 meters

DAY/DATE: THURSDAY/AUGUST 7, 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	200 swim 200 kick 200 pull
EN-1	8 x 75 pull @ 1:20 or r=10 • breathe 3/5/3 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none"> • 12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ◦ stroke • 200 (25 drill/25 swim) @ 4:00 or r=20 <ul style="list-style-type: none"> ◦ mix of strokes • 8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ stroke • 200 (25 drill/25 swim) @ 4:00 or r=20 <ul style="list-style-type: none"> ◦ mix of strokes • 4 x 25 swim @ 35 or r=5 <ul style="list-style-type: none"> ◦ stroke • 200 (25 drill/25 swim) <ul style="list-style-type: none"> ◦ mix of strokes
REC	100 choice

Total = 2500 meters

DAY/DATE: FRIDAY/AUGUST 8, 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	8 x 50 @ r=10 <ul style="list-style-type: none">• 25 kick/25 swim• 25 drill/25 swim
EN-1 TO SP-1	3 x through: <ul style="list-style-type: none">• 4 x 50 swim @ r=10<ul style="list-style-type: none">◦ #1=25 easy/25 fast◦ #2=25 fast/25 easy◦ #3=50 easy◦ #4=50 fast (90%)• 2 x 50 swim (fast, 95%) @ r=30• 1 x 100 swim (build) @ r=10• 1 x 50 swim (easy) @ r=60
REC	150 choice

Total = 2500 meters