

DAY/DATE: MONDAY/FEB. 29, 2016

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	<ul style="list-style-type: none">• 200 swim• 100 kick• 200 pull• 100 kick• 200 swim
EN-1	12 x 25 @ 40 <ul style="list-style-type: none">• <u>4 x through:</u><ul style="list-style-type: none">◦ 2 x 25 drill◦ 1 x 25 build
EN-1 TO EN-2	<u>20 minute continuous swim:</u> <ul style="list-style-type: none">• steady pace for 20 minutes
EN-1/EN-3	12 x 25 @ 30 <ul style="list-style-type: none">• 1 x 25 easy/1 x 25 fast• 2 x 25 easy/2 x 25 fast• 3 x 25 easy/3 x 25 fast
REC	200 swim

Total = ~3000

DAY/DATE: TUESDAY/MARCH 1, 2016

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	400 swim
EN-3/EN-1	10 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 1st 12.5 (meters or yards) "5th stroke" • 2nd 12.5 (meters or yards) easy free
EN-1	250 pull: breathe 3/4/5/4/3 by 50's
EN-2	34 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 1 x 25 fly/1 x 25 bk/1 x 25 brst/1 x 25 free • 2 x 25 fly/2 x 25 bk/2 x 25 brst/1 x 25 free • 3 x 25 fly/3 x 25 bk/3 x 25 brst/1 x 25 free • 4 x 25 fly/4 x 25 bk/4 x 25 brst/1 x 25 free
EN-1	250 pull: breathe 3/5/3/5/3 by 50's
EN-3/EN-1	10 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 1st 12.5 (meters or yards) "5th stroke" • 2nd 12.5 (meters or yards) easy free
REC	250 swim

Total = 2500

5th stroke = fast underwater dolphin kick in streamlined position

DAY/DATE: WEDNESDAY/MARCH 2, 2016

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">• 400 swim• 8 x 50 @ r=10<ul style="list-style-type: none">◦ 25 kick/25 swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">▪ negative split• 3 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">▪ negative split• 2 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none">▪ negative split• 1 x 100 pull
EN-1/EN-3	8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• <u>4 x thru:</u><ul style="list-style-type: none">◦ 25 easy/25 fast◦ 25 fast/25 easy
REC	8 x 25 (25 scull/25 pull) @ r=5

Total = 3000

DAY/DATE: THURSDAY/MARCH 3, 2016

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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	4 x 150 pull @ 2:40 or r=20 • breathe 3/5/3 by 50's
EN-1	4 x 100 kick @ 2:30 or r=20 • 25 stroke/25 free
EN-1	4 x 75 @ 1:45 or r=20 • 50 stroke drill/25 free
EN-2	4 x 50 swim @ 1:00 or r=10-15 • 25 stroke/25 free
EN-2	4 x 25 swim @ 40 or r=10 • stroke
REC	300 swim (easy)

Total = 2500

DAY/DATE: FRIDAY/MARCH 4, 2016

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	500 swim
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	12 x 25 swim @ 40 or r=10 • build each 25
SP-1/REC	<u>4 x through:</u> • 1 x 50 swim @ r=10 ◦ hard effort! ▪ 1 x 25 swim @ r=10 • hard effort! ◦ 1 x 25 swim @ r=10 ▪ hard effort! • 1 x 200 swim @ 4:30 or r=60-90 ◦ easy effort!
REC	12 x 25 @ r=5 • 25 scull/25 pull

Total = 2500