

DAY/DATE: MONDAY/MAY 16, 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"><li>• 200 swim<ul style="list-style-type: none"><li>◦ 200 kick<ul style="list-style-type: none"><li>▪ 200 pull</li></ul></li><li>• 100 drill</li></ul></li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 5/3 on odd 50's</li><li>• breathe 3/5 on even 50's</li></ul>
EN-1 TO EN-2	20 seconds rest between swims; keep heart rate at 120-150 BPM: <ul style="list-style-type: none"><li>• 25<ul style="list-style-type: none"><li>◦ 50<ul style="list-style-type: none"><li>▪ 100</li><li>• 200</li><li>◦ 400</li><li>• 200</li><li>▪ 100</li></ul></li><li>◦ 50</li></ul></li><li>• 25</li></ul>
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul>
EN-1/EN-2	8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"><li>• negative split</li></ul>
REC	150 swim

Total = 3000

DAY/DATE: TUESDAY/MAY 17, 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	<b>200 swim</b>
EN-1	<p><b>12 x 25 @ 45 or r=15</b></p> <ul style="list-style-type: none"> <li>• 25 stroke kick/25 stroke swim</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 5 x 100 IM @ 2:00 or r=20               <ul style="list-style-type: none"> <li>◦ descend times 1-5</li> <li>◦ 4 x 25 kick @ 45 or r=15                   <ul style="list-style-type: none"> <li>▪ all fly</li> <li>▪ 4 x 100 IM @ 2:00 or r=20                       <ul style="list-style-type: none"> <li>• work the fly and breast</li> <li>• 4 x 25 kick @ 45 or r=15                           <ul style="list-style-type: none"> <li>◦ all back</li> <li>◦ 3 x 100 IM @ 2:00 or r=20                               <ul style="list-style-type: none"> <li>▪ work the back and free</li> <li>▪ 4 x 25 kick @ 45 or r=15                                   <ul style="list-style-type: none"> <li>• all breast</li> <li>• 2 x 100 IM @ 2:00 or r=20                                       <ul style="list-style-type: none"> <li>◦ work the 2<sup>nd</sup> 50</li> <li>◦ 4 x 25 kick @ 45 or r=15   <ul style="list-style-type: none"> <li>▪ all free</li> <li>▪ 1 x 100 IM   <ul style="list-style-type: none"> <li>• work it!</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li></ul>
REC	<b>100 swim</b>

Total = 2500

DAY/DATE: WEDNESDAY/MAY 18, 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	600 choice
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's<ul style="list-style-type: none"><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ faster-than-normal tempo</li></ul></li></ul></li></ul></li><li>• 2 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's<ul style="list-style-type: none"><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ faster-than-normal tempo</li></ul></li></ul></li></ul></li><li>• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 25's<ul style="list-style-type: none"><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ faster-than-normal tempo</li></ul></li></ul></li></ul></li><li>• 8 x 50 pull @ 55 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's<ul style="list-style-type: none"><li>• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>◦ faster-than-normal tempo</li></ul></li></ul></li></ul></li></ul>
EN-1/EN-3	8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	200 swim

Total = 3000

DAY/DATE: THURSDAY/MAY 19, 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	<b>4 x (25 swim/25 drill/25 kick)</b>
EN-1	<ul style="list-style-type: none"><li>• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 kick/25 swim</li></ul></li><li>• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 drill/25 swim</li></ul></li><li>• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 scull with free kick/25 swim</li></ul></li></ul>
EN-1 TO EN-2	<p><b><u>3 x through:</u></b></p> <ul style="list-style-type: none"><li>• 50 drill @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ stroke<ul style="list-style-type: none"><li>▪ 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>• 25 stroke/25 free</li></ul></li><li>◦ 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>▪ breathe 3/5/3/5 by 50's</li></ul></li><li>▪ 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>• 50 stroke/50 free</li></ul></li></ul></li><li>• 50 swim @ 1:30 or r=30+<ul style="list-style-type: none"><li>◦ stroke</li></ul></li></ul></li></ul>
REC	<b>100 swim</b>

Total = 2500

DAY/DATE: FRIDAY/MAY 20, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 4 x 50 (25 drill/25 swim) @ r=10</li><li>• 8 x 25 (25 scull/25 pull) @ r=5</li></ul>
EN-1 TO EN-3	<p><b>3 x through:</b></p> <ul style="list-style-type: none"><li>• 2 x 25 kick @ 45 or r=10<ul style="list-style-type: none"><li>◦ fast feet!<ul style="list-style-type: none"><li>▪ 3 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>• descend times 1-3</li></ul></li></ul></li><li>◦ 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>▪ build each 75 to ~100 race pace</li></ul></li></ul></li></ul>
EN-3	<p><b>4 x BTF's:</b></p> <ul style="list-style-type: none"><li>• B=breakout with 3 strokes fast<ul style="list-style-type: none"><li>◦ ~20 seconds rest</li></ul></li><li>• T=fast turn<ul style="list-style-type: none"><li>◦ ~20 seconds rest</li></ul></li><li>• F=fast finish<ul style="list-style-type: none"><li>◦ ~40 seconds rest</li></ul></li></ul>
REC	8 x 25 (25 scull with free kick/25 swim) @ r=5

Total = 2500