

DAY/DATE: MONDAY/MAY 23, 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>• 300 swim</li><li>• 200 kick</li><li>• 100 pull</li></ul>
EN-1 TO EN-2	<p><b>3 x through:</b></p> <ul style="list-style-type: none"><li>• 1 x 300 pull @ 4:45 or r=15<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 2 x 150 freestyle @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 150 faster than 1<sup>st</sup></li></ul></li><li>• extra 15 seconds between rounds</li></ul>
EN-1/EN-2	<b>400 kick: every 3<sup>rd</sup> length fast!</b>
REC	<b>200 choice</b>

Total = 3000

DAY/DATE: TUESDAY/MAY 24, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 50's</li></ul>
EN-2	<u>2 x through:</u> <ul style="list-style-type: none"><li>• 4 x 75 @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ 50 fly/25 back</li><li>◦ 50 back/25 breast</li><li>◦ 50 breast/25 free</li><li>◦ 50 free/25 fly</li></ul></li><li>• 4 x 50 swim @ 1:05 or r=15<ul style="list-style-type: none"><li>◦ 25 fly/25 back</li><li>◦ 25 back/25 breast</li><li>◦ 25 breast/25 free</li><li>◦ 25 free/25 fly</li></ul></li><li>• 8 x 25 swim @ 30 or r=5<ul style="list-style-type: none"><li>◦ 100 IM order</li></ul></li><li>• extra 30 seconds between rounds</li></ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 25, 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"><li>• 200 swim<ul style="list-style-type: none"><li>◦ 200 kick<ul style="list-style-type: none"><li>▪ 200 pull</li><li>• 200 swim</li></ul></li></ul></li></ul>
EN-1	12 x 50 @ 1:05 or r=15 <u>4 x through:</u> <ul style="list-style-type: none"><li>• 25 10-beat back/25 back</li><li>• 50 corkscrew: 4 strokes free, 5 strokes back</li><li>• 25 10-beat free/25 free</li></ul>
EN-1 TO EN-3	<u>2 x through:</u> Goal = 200 faster than 200 split of 300, 100 faster than 100 split of 200, 50 faster than 50 split of 100 <ul style="list-style-type: none"><li>• 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ 200 swim @ 3:15 or r=15<ul style="list-style-type: none"><li>▪ 100 swim @ 1:45 or r=15</li><li>• 50 swim @ 1:30 or r=45</li></ul></li></ul></li></ul>
REC	12 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>

Total = 3000

DAY/DATE: THURSDAY/MAY 26, 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 TO EN-1	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200: 25 drill/25 swim</li><li>• 4 x 50 kick @ r=15<ul style="list-style-type: none"><li>◦ 25 easy/25 fast</li></ul></li></ul>
EN-1 TO EN-2	<p><u>3 x through (choose one stroke per round):</u></p> <ul style="list-style-type: none"><li>• 4 x 25 kick @ 45 or r=15</li><li>• 4 x 50 (25 drill/25 swim) @ 1:15 or r=15</li><li>• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ alternate: 50 stroke/50 free</li></ul></li></ul>
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/MAY 27, 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	<b>400 choice</b>
EN-1	<p><b>6 x 75 pull @ 1:30 or r=15</b></p> <ul style="list-style-type: none"> <li>• breathe 3/5/3 by 25's</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 8 x 25 swim @ 40 or r=15               <ul style="list-style-type: none"> <li>◦ 100 kick @ 3:00 or r=60                   <ul style="list-style-type: none"> <li>▪ 4 x 25 swim @ 35 or r=10                       <ul style="list-style-type: none"> <li>• 100 kick @ 3:00 or r=60                           <ul style="list-style-type: none"> <li>◦ 2 x 25 swim @ 30 or r=5</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul>
EN-3	<ul style="list-style-type: none"> <li>• 3 x 100 swim @ 2:00 or r=20+               <ul style="list-style-type: none"> <li>◦ goal = best time + 25 sec's</li> <li>◦ extra 60 seconds before next set</li> </ul> </li> <li>• 3 x 100 swim @ 2:15 or r=30+               <ul style="list-style-type: none"> <li>◦ goal = best time + 20 sec's</li> <li>◦ extra 60 seconds before next set</li> </ul> </li> <li>• 3 x 100 swim @ 2:30 or r=45+               <ul style="list-style-type: none"> <li>◦ goal = best time + 15 sec's</li> </ul> </li> </ul>
REC	<b>200 choice</b>

Total = 2500