

DAY/DATE: MONDAY/MAY 30, 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• 200 kick• 4 x 25 swim<ul style="list-style-type: none">◦ reverse IM order
EN-1 TO EN-3	<p><u>3 x through:</u></p> <ul style="list-style-type: none">• 4 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none">◦ streamlined push-offs get longer (i.e., 3 dolphin kicks on 1st push-off, 4 dolphin kicks on 2nd push-off, 5 dolphin kicks on 3rd push-off, 6 dolphin kicks on last push-off)• 1 x 400 swim or pull @ 7:00 or r=60<ul style="list-style-type: none">◦ descend times 1-3
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/MAY 31, 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-1	8 x 25 drill @ r=15 <ul style="list-style-type: none"> • 2 of each stroke, IM order
EN-1 TO EN-2	<ul style="list-style-type: none"> • 4 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 IM kick @ 4:40 or r=20 • 3 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ push the fly and breast • 2 x 100 IM kick @ 2:30 or r=20 • 2 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ push the back and free • 4 x 50 kick @ 1:20 or r=10 <ul style="list-style-type: none"> ◦ 1 each stroke • 1 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ all fast! • 8 x 25 kick @ 40 or r=10 <ul style="list-style-type: none"> ◦ 2 each stroke
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 1, 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	400 swim
EN-1	8 x 50 @ r=10 • 25 "human stroke" (or "long dog")/25 swim
EN-1 TO EN-3	<u>4 x through:</u> <i>Goal: 2nd round faster than 1st, 3rd round faster than 2nd, 4th round faster than 3rd</i> <ul style="list-style-type: none">▪ 50 free @ 1:00 or r=15<ul style="list-style-type: none">◦ 100 free @ 1:45 or r=15<ul style="list-style-type: none">• 150 free @ 2:30 or r=15◦ 100 free @ 1:45 or r=15▪ 50 free @ 1:00 or r=15
EN-1 TO REC	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim• 400 IM order

Total = 3000

DAY/DATE: THURSDAY/JUNE 2, 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	300 swim
EN-1	<ul style="list-style-type: none">• 2 x 150 @ r=15<ul style="list-style-type: none">◦ 50 swim/50 kick/50 swim• 3 x 100 @ r=15<ul style="list-style-type: none">◦ 50 kick/50 swim
EN-2/REC	<ul style="list-style-type: none">• 5 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none">◦ 25 fly/50 back• 25 easy swim• 5 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none">◦ 25 back/50 breast• 25 easy swim• 5 x 75 swim @ 1:30 or r=20<ul style="list-style-type: none">◦ 25 breast/50 free• 25 easy swim
EN-1	12 x 25 scull @ r=5
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/JUNE 3, 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 TO EN-2	<ul style="list-style-type: none">• 300 swim• 3 x 100 @ r=15<ul style="list-style-type: none">◦ 25 drill/25 swim• 6 x 50 @ r=15<ul style="list-style-type: none">◦ 25 drill/25 build• 12 x 25 swim @ r=15<ul style="list-style-type: none">◦ 12.5 easy/12.5 fast◦ 12.5 fast/12.5 easy◦ 25 easy◦ 25 fast
EN-2 TO EN-3	<p><u>4 x through:</u></p> <ul style="list-style-type: none">• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">◦ DPS<ul style="list-style-type: none">▪ 2 x 50 swim @ 1:15 or r=30<ul style="list-style-type: none">• build<ul style="list-style-type: none">◦ 4 x 25 swim @ 1:00 or r=45<ul style="list-style-type: none">▪ all fast!
REC	100: 25 scull/25 pull

Total = 2500