

DAY/DATE: MONDAY/MAY 9, 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</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	11 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• 1-5: breathe 3/5 by 25's</li><li>• 6: breathe every 7<sup>th</sup></li><li>• 7-11: breathe 3/5 by 25's</li></ul>
EN-1 TO EN-3	<u>Davis Mile: Broken 1650</u> <u>Subtract 2½ minutes to get time</u> <ul style="list-style-type: none"><li>• 11 lengths (275) @ r=20</li><li>• 10 lengths (250) @ r=20</li><li>• 9 lengths (225) @ r=20<ul style="list-style-type: none"><li>◦ 8 lengths (200) @ r=15</li><li>◦ 7 lengths (175) @ r=15</li><li>◦ 6 lengths (150) @ r=15</li><li>◦ 5 lengths (125) @ r=15<ul style="list-style-type: none"><li>▪ 4 lengths (100) @ r=10</li><li>▪ 3 lengths (75) @ r=10</li><li>▪ 2 lengths (50) @ r=10</li><li>• 1 length (25)</li></ul></li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MAY 10, 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>• 300 swim</li><li>• 200 IM kick</li><li>• 100 IM drill</li><li>• 8 x 25 swim @ r=10<ul style="list-style-type: none"><li>◦ build</li></ul></li></ul>
EN-2	<ul style="list-style-type: none"><li>• 1 x 100 IM @ 2:15 or r=30</li><li>• 4 x 50 swim @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 fly/25 back</li></ul></li><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 back/25 breast</li></ul></li><li>• 1 x 300 IM @ 5:30 or r=45</li><li>• 4 x 50 swim @ 1:10 or r=15<ul style="list-style-type: none"><li>◦ 25 breast/25 free</li></ul></li></ul>
EN-2	12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• 100 IM order</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/MAY 11, 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	200 swim, 200 kick, 200 pull
EN-1	12 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"><li>• 25 10-beat free/25 free</li><li>• 50 corkscrew: 4 strokes free, 5 strokes back</li><li>• 25 10-beat back/25 back</li></ul>
EN-1 TO EN-3	<u>2 x through:</u> Goal = 200 faster pace than 300, 100 faster pace than 200, 50 faster pace than 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 @ 1:40 or r=10<ul style="list-style-type: none"><li>• 50 swim @ 1:45 or r=60</li></ul></li></ul></li></ul></li></ul>
EN-1/EN-3	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"><li>• 12.5 easy/12.5 fast</li><li>• 12.5 fast/12.5 easy</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MAY 12, 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	4 x (50 swim, 25 drill, 25 kick)
EN-1	8 x 50 "stroke" @ 1:10 or r=15 • 25 drill/25 swim
EN-1 TO EN-2	4 x 50 "stroke" kick @ 1:30 or r=15 • descend times 1-4
EN-1	16 x 25 "stroke" @ 45 or r=15 • ½ length scull/½ length swim
EN-1 TO EN-2	4 x 100 swim @ 1:50 or r=15 • 25 free/25 stroke/25 free/25 stroke • descend times 1-4
EN-1 TO EN-2	4 x 50 "stroke" kick @ 1:30 or r=15 • descend times 1-4
EN-1 TO EN-2	16 x 25 "stroke" @ 45 or r=15 • descend times 1-4, 5-8, 9-12, 13-16
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/MAY 13, 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>• 400 swim</li><li>• 200 IM drill</li></ul>
EN-1 TO EN-3	<p><b><u>2 x through:</u></b></p> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ moderate effort, breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 50 swim @ 1:30 or r=45+<ul style="list-style-type: none"><li>◦ hard effort</li></ul></li><li>• 4 x 25 swim @ 1:00 or r=20+<ul style="list-style-type: none"><li>◦ hard effort</li></ul></li><li>• extra 30 seconds rest</li></ul>
REC	300 swim: ascend pace of 100's

Total = 2500