

DAY/DATE: MONDAY/AUGUST 15, 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 | 500 choice |
|--------------|---|
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 600 pull @ 9:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 150's• 4 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 400 pull 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-4• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 4 x 50 swim @ 50 or r=5<ul style="list-style-type: none">◦ descend times 1-4 |
| REC | 100 choice |

Total = 3000

DAY/DATE: TUESDAY/AUGUST 16, 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 |

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|--------------|--|
| REC | 400 swim |
| EN-1 | 12 x 25 @ r=10 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• IM order |
| EN-1 TO EN-2 | 8 x 100 swim @ 2:10 or r=20 Alternate: <ul style="list-style-type: none">• 25 fly/75 back• 25 breast/75 free |
| EN-1 TO EN-2 | 4 x 200 @ 4:10 or r=30 <ul style="list-style-type: none">• 25 fly/50 back/25 breast/50 free/50 kick |
| REC | 200 choice |

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 17, 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 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's |
| EN-1 | 8 x 25 drill @ r=10 <ul style="list-style-type: none">• 25 "10-beat" free/25 "catch-up" free |
| EN-1 TO EN-2 | <u>2 x through:</u> <ul style="list-style-type: none">• 1 x 250 swim @ 4:10 or r=25<ul style="list-style-type: none">◦ 1 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">▪ 1 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">• 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ 1 x 50 swim @ 1:30 or r=45 |
| EN-1/EN-3 | 300 kick: every 3rd length fast! |
| REC | 200 choice |

Total = 3000

DAY/DATE: THURSDAY/AUGUST 18, 2016

FOCUS: SHORT-AXIS STROKES

| 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 |

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|--------------|---|
| REC | <ul style="list-style-type: none">• 300 swim• 200 kick• 200 pull |
| EN-1 TO EN-2 | 8 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• "short-axis" strokes (i.e., fly and breast)• negative split |
| EN-1 | 8 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• 25 fly/25 breast |
| EN-1 TO EN-2 | 8 x 50 @ 1:10 or r=20 <ul style="list-style-type: none">• 25 drill/25 swim• alternate: 50 fly, 50 breast |
| EN-1 | 400 pull: breathe 3/5/3/5 by 100's |
| EN-2 | 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none">• 25 fly/25 breast |
| REC | 200 choice |

Total = 2500

DAY/DATE: FRIDAY/AUGUST 19, 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">• 300 swim• 200 kick |
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 8 x 25 swim @ r=10• 25 DPS/25 build |
| EN-1/EN-3 | <ul style="list-style-type: none">• 4 x 100 swim @ 2:00 or r=20-30<ul style="list-style-type: none">◦ 75 easy/25 fast• 1 x 400 easy: swim or pull @ r=60• 6 x 50 swim @ 1:00 or r=10-15<ul style="list-style-type: none">◦ 25 easy/25 fast• 1 x 300 easy: swim or pull @ r=60• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ 12.5 easy/12.5 fast• 1 x 200 easy: swim or pull |

Total = 2500