

DAY/DATE: MONDAY/AUGUST 22, 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	400 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ descend times 1-3• 3 x 200 swim @ 3:15 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 3 x 50 swim @ 55 or r=10<ul style="list-style-type: none">◦ descend times 1-3
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 23, 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	6 x 50 @ r=15 • 25 kick/25 drill
EN-1	300 pull: breathe 3/5/3 by 100's
EN-2	4 x 250 swim @ 5:00 or r=30 • 25 fly/50 back/75 breast/100 free
EN-2	4 x 125 swim @ 2:30 or r=20 • 50 fly/25 back/25 breast/25 free • 25 fly/50 back/25 breast/25 free • 25 fly/25 back/50 breast/25 free • 25 fly/25 back/25 breast/50 free
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 24, 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 TO EN-1	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 8 x 25 @ r=5 <ul style="list-style-type: none"> ◦ 25 scull/25 pull
EN-1 TO EN-2	<ul style="list-style-type: none"> • 8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ odd 100's: moderate effort, DPS ◦ even 100's: descend times 2-4-6-8 • 8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none"> ◦ odd 75's: moderate effort, DPS ◦ even 75's: descend times 2-4-6-8 • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ odd 50's: moderate effort, DPS ◦ even 50's: descend times 2-4-6-8 • 8 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ◦ odd 25's moderate effort, DPS ◦ even 25's: descend times 2-4-6-8
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/AUGUST 25, 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">• 200 swim• 100 kick• 200 pull• 8 x 25 @ r=5<ul style="list-style-type: none">◦ 25 scull/25 pull
EN-1 TO EN-2	<p><u>3 x through:</u></p> <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none">◦ round 1=fly◦ round 2=back◦ round 3=breast• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">◦ 25 drill/25 swim<ul style="list-style-type: none">▪ round 1=fly▪ round 2=back▪ round 3=breast• 2 x 100 swim @ 2:00 or r=20<ul style="list-style-type: none">◦ 50 "stroke"/50 free<ul style="list-style-type: none">▪ round 1 "stroke" = fly▪ round 2 "stroke" = back▪ round 3 "stroke" = breast
EN-1 TO REC	300 pull: breathe every 3rd stroke

Total = 2500

DAY/DATE: FRIDAY/AUGUST 26, 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	400 choice
EN-1 TO EN-2	<p>12 x 25 @ r=10</p> <p><u>3 x through:</u></p> <ul style="list-style-type: none"> • 2 x 25 kick • 2 x 25 swim (build each 25)
EN-1/EN-3	<ul style="list-style-type: none"> • 5 x 50 swim @ 50 or r=5 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 1 x 50 swim (fast!) @ 50 or r=10 • 4 x 50 swim @ 55 or r=5 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 2 x 50 swim (fast!) @ 55 or r=15 • 3 x 50 swim @ 1:00 or r=5-10 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 3 x 50 swim (fast!) @ 1:00 or r=15-20 • 2 x 50 swim @ 1:05 or r=10 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 4 x 50 swim (fast!) @ 1:05 or r=20-25 • 1 x 50 swim @ 1:10 or r=10 <ul style="list-style-type: none"> ◦ swim hard enough to make interval • 5 x 50 swim (fast!) @ 1:10 or r=25-30
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull with free kick/25 swim

Total = 2500