

DAY/DATE: MONDAY/AUGUST 8, 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>• 100 kick</li><li>• 200 (25 drill/25 swim)</li><li>• 100 kick</li></ul>  |
| EN-1         | 12 x 25 @ r=10 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>  |
| EN-1 TO EN-2 | <u>2 x through:</u> <ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 25 DPS/25 build</li></ul></li></ul> |
| REC          | 200 swim   |

Total = 3000

DAY/DATE: TUESDAY/AUGUST 9, 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 (25 kick/25 swim)</li> <li>• 200 (25 drill/25 swim)</li> </ul>   |
| EN-1         | 6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>• 2 fly, 2 back, 2 breast</li> </ul>  |
| EN-1         | 600 pull: every 4 <sup>th</sup> length breast pull  |
| EN-1 TO EN-2 | 12 x 50 swim @ 1:05 or r=15<br><u>4 x through:</u> <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 back/25 breast</li> <li>• 25 breast/25 free</li> </ul> |
| EN-1 TO EN-2 | 12 x 25 (25 drill/25 swim) @ 40 or r=10<br><u>2 x through:</u> <ul style="list-style-type: none"> <li>• 2 x 25 fly</li> <li>• 2 x 25 back</li> <li>• 2 x 25 breast</li> </ul>   |
| REC          | 100 swim  |

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 10, 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</li><li>• 100 kick</li></ul>  |
| EN-1         | 12 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 glide stroke/25 pull</li></ul>   |
| EN-1 TO EN-3 | <u>3 x through:</u> <ul style="list-style-type: none"><li>• 2 x 125 swim @ 2:00 or r=10<ul style="list-style-type: none"><li>◦ moderate effort</li></ul></li><li>• 2 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ moderate-strong effort</li></ul></li><li>• 2 x 75 swim @ 1:20 or r=10<ul style="list-style-type: none"><li>◦ strong effort</li></ul></li><li>• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ strong effort</li></ul></li><li>• 2 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ strong effort</li></ul></li><li>• extra 60 seconds between rounds</li></ul> |
| REC          | 150 choice   |

Total = 3000

DAY/DATE: THURSDAY/AUGUST 11, 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          | <ul style="list-style-type: none"><li>• 400 swim</li><li>• 200 (25 kick/25 drill)</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-1 TO EN-2 | <u>4 x through:</u><br><i>Keep same stroke within a round</i> <ul style="list-style-type: none"><li>• 1 x 25 swim @ 40 or r=10</li><li>• 1 x 50 swim @ 1:05 or r=15</li><li>• 1 x 75 swim @ 1:30 or r=20</li><li>• 1 x 100 swim @ 2:10 or r=30</li></ul> |
| EN-1/EN-3    | 6 x 50 free @ 1:00 or r=15 <ul style="list-style-type: none"><li>• 25 DPS/25 fast</li></ul>  |
| REC          | 200 swim   |

Total = 2500

DAY/DATE: FRIDAY/AUGUST 12, 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>600 swim</b>   |
| EN-1         | <b>8 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>   |
| EN-1 TO EN-2 | <b>8 x 25 @ r=15</b> <ul style="list-style-type: none"><li>• 25 DPS/25 build</li></ul>  |
| EN-3/REC     | <b>8 x through:</b> <ul style="list-style-type: none"><li>• 1 x 25 fast @ 30 or r=10</li><li>• 1 x 50 easy @ 1:15 or r=30</li></ul> |
| EN-1         | <b>300 pull: breathe every 3rd stroke</b>   |
| REC/SP-1     | <b>12 x 25 swim @ 40 or r=15</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>                                  |
| REC          | <b>300 choice</b>   |

Total = 2500