

DAY/DATE: MONDAY/AUGUST 27, 2012

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-3	<ul style="list-style-type: none">• 3 x 300 swim or pull @ 5:00 or r=30<ul style="list-style-type: none">• descend times 1-3• 3 x 200 swim or pull @ 3:15 or r=15<ul style="list-style-type: none">• descend times 1-3• 3 x 150 swim or pull @ 2:30 or r=15<ul style="list-style-type: none">• descend times 1-3• 3 x 100 swim or pull @ 1:45 or r=15<ul style="list-style-type: none">• descend times 1-3• 3 x 50 swim or pull @ 55 or r=10<ul style="list-style-type: none">• descend times 1-3
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/AUGUST 28, 2012

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	6 x 250 swim @ 5:00 or r=30 • 25 fly/50 back/75 breast/100 free
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/AUGUST 29, 2012

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	8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-3	<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• 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• 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• 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• even 25's: descend times 2-4-6-8
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/AUGUST 30, 2012

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	200 swim 100 kick 200 pull
EN-1	8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=15• round 1=fly• round 2=back• round 3=breast <ul style="list-style-type: none">• 4 x 50 @ 1:10 or r=15• 25 drill/25 swim• round 1=fly• round 2=back• round 3=breast <ul style="list-style-type: none">• 1 x 300 pull @ 5:00 or r=30• breathe every 3rd stroke

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/AUGUST 31, 2012

FOCUS: SPRINT FREE/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	500 choice
EN-2	10 x 25 [25 kick/25 build] @ r=10
EN-1 TO SP-1	<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 @ 60 or r=5-10 <ul style="list-style-type: none"> • swim hard enough to make interval • 3 x 50 swim [fast!] @ 60 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	10 x 25 [25 scull with free kick/25 swim] @ r=5

TOTAL: 2500 METERS