

DAY/DATE: MONDAY/SEPTEMBER 3, 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	200 swim 200 kick 200 pull
EN-1	10 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-3	Davis Mile: subtract 2.5 minutes to get 1650 time <ul style="list-style-type: none">• 11 lengths [275] @ r=20• 10 lengths [250] @ r=20• 9 lengths [225] @ r=20<ul style="list-style-type: none">• 8 lengths [200] @ r=15• 7 lengths [175] @ r=15• 6 lengths [150] @ r=15• 5 lengths [125] @ r=15<ul style="list-style-type: none">• 4 lengths [100] @ r=10• 3 lengths [75] @ r=10• 2 lengths [50] @ r=10• 1 length [25]
REC	10 x 25 [25 scull/25 pull] @ r=5

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/SEPTEMBER 4, 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 3 x 50 swim @ r=10 300 pull 3 x 50 pull @ r=10
EN-2	2 x through: <ul style="list-style-type: none">• 4 x 50 [25 drill/25 swim] @ 1:10 or r=15• IM order• 8 x 25 kick @ 45 or r=10• 2 each stroke• 1 x 100 IM @ 2:00 or r=20• 1 x 200 @ 4:00 or r=60• swim or pull
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/SEPTEMBER 5, 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	4 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 4 x 150 swim @ 2:30 or r=15• descend times 1-4• 4 x 50 swim @ 1:00 or r=15• hold same pace as last 150• 4 x 25 swim @ 30 or r=10• all fast• 1 x 100 swim @ 3:00• easy pace
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/SEPTEMBER 6, 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	3 x through: <ul style="list-style-type: none">• 3 x 50 kick @ 1:30 or r=10• 3 x 50 pull @ 55 or r=10
EN-1	16 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim• 4 each stroke
EN-2	4 x through (continuously): <ul style="list-style-type: none">• 25 back• 25 fly• 25 back• 25 breast• 25 free• 25 free• 25 free
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/SEPTEMBER 7, 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	400 swim
EN-2	8 x 50 @ 1:15 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill or swim• 2 each stroke
EN-1 TO SP-1	12 x through: <ul style="list-style-type: none">• 25 swim @ 40 or r=15• maximum speed (or build to maximum speed)• 75 swim @ 1:40 or r=20• DPS
EN-2	12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• IM order
REC	200 choice

TOTAL: 2500 METERS