

DAY/DATE: MONDAY/NOVEMBER 12, 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	300 swim
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 400 pull @ 6:40 or r=40<ul style="list-style-type: none"><li>• 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>• 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>• 100 swim @ 1:40 or r=10</li></ul></li></ul></li><li>• 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>• 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>• 100 swim @ 1:40 or r=10</li></ul></li></ul></li><li>• 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>• 100 swim @ 1:40 or r=10</li></ul></li><li>• 100 swim @ 1:40 or r=10</li></ul></li></ul>
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/NOVEMBER 13, 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	300 swim
EN-1	<b>16 x 25 @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 kick</li><li>• 25 drill</li><li>• 25 build</li><li>• 25 DPS</li></ul>
EN-2	<b>2 x through:</b> <ul style="list-style-type: none"><li>• 200 free @ 3:30 or r=30</li><li>• 2 x 100 stroke @ 2:15 or r=30</li><li>• 4 x 50 free @ 1:00 or r=15</li><li>• 8 x 25 stroke @ 45 or r=15</li><li>• extra 30 seconds rest</li></ul>
REC	200 choice

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/NOV. 14, 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	400 choice
EN-1 TO EN-3	<p>3 x 200 pull @ 3:20 or r=20</p> <ul style="list-style-type: none"><li>• DPS</li></ul> <p>6 x 50 swim @ 1:00 or r=15</p> <ul style="list-style-type: none"><li>• negative split</li></ul> <p>2 x 200 pull @ 3:20 or r=20</p> <ul style="list-style-type: none"><li>• DPS</li></ul> <p>6 x 50 swim @ 1:00 or r=15</p> <ul style="list-style-type: none"><li>• push first 30 meters</li></ul> <p>1 x 200 pull @ 3:20 or r=20</p> <ul style="list-style-type: none"><li>• DPS</li></ul> <p>6 x 50 swim @ 1:00 or r=15</p> <ul style="list-style-type: none"><li>• push turn and finish</li></ul>
EN-1	<p>20 x 25 @ r=5</p> <ul style="list-style-type: none"><li>• 25 top scull/25 glide</li><li>• 25 middle scull/25 glide</li><li>• 25 bottom scull #1/25 glide</li><li>• 25 bottom scull #2/25 glide</li><li>• 25 squiggly lines scull/25 glide</li></ul>

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/NOVEMBER 15, 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	200 swim 200 kick 200 pull
EN-1	8 x 50 @ 1:10 or r=15 • 25 kick/25 drill
EN-2	4 x through: • 100 IM @ 2:20 or r=30 • 3 x 50 swim @ 1:00 or r=10 • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free • 2 x 25 easy freestyle @ r=10 • 1 minute between rounds
EN-1	4 x 50 @ 1:05 or r=15 • 25 drill/25 swim
REC	100 swim

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/NOVEMBER 16, 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	600 choice
EN-2	8 x 25 build @ r=10
EN-1 TO EN-3	<b>8 x 100 swim @ 1:50 or r=20</b> <ul style="list-style-type: none"><li>• #1/#5: push 4<sup>th</sup> 25</li><li>• #2/#6: push 3<sup>rd</sup> 25</li><li>• #3/#7: push 2<sup>nd</sup> 25</li><li>• #4/#8: push 1<sup>st</sup> 25</li></ul>
EN-1	8 x 25 swim @ r=10
EN-1 TO EN-3	<b>4 x 100 swim @ 2:00 or r=30</b> <ul style="list-style-type: none"><li>• push last 50</li><li>• push middle 50</li><li>• push first 50</li><li>• push first and last 25's</li></ul>
REC	12 x 25 [25 scull with kick/25 swim] @ r=10

**TOTAL: 2500 METERS**