

DAY/DATE: MONDAY/SEPTEMBER 2, 2013

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	<b>500 choice</b>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• <b>600 pull @ 9:30 or r=30</b><ul style="list-style-type: none"><li>• breathe 3/5/3/7/3/5 by 100's</li></ul></li><li>• <b>4 x 150 swim @ 2:30 or r=15</b><ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• <b>400 pull 6:30 or r=30</b><ul style="list-style-type: none"><li>• breathe 3/5/3/5 by 100's</li></ul></li><li>• <b>4 x 100 swim @ 1:40 or r=10</b><ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• <b>200 pull @ 3:30 or r=30</b><ul style="list-style-type: none"><li>• breathe 3/5/3/7 by 50's</li></ul></li><li>• <b>4 x 50 swim @ 50 or r=5</b><ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li></ul>
REC	<b>100 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/SEPTEMBER 3, 2013

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	<b>400 swim</b>
EN-1	<b>12 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li><li>• IM order</li></ul>
EN-1 TO EN-2	<b>8 x 100 swim @ 2:10 or r=20</b> <b>Alternate:</b> <ul style="list-style-type: none"><li>• 25 fly/75 back</li><li>• 25 breast/75 free</li></ul>
EN-1 TO EN-2	<b>4 x 200 @ 4:10 or r=30</b> <ul style="list-style-type: none"><li>• 25 fly/50 back/25 breast/50 free/50 kick</li></ul>
REC	<b>200 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/SEPTEMBER 4, 2013

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	<b>400 swim</b>
EN-1	<b>8 x 50 pull @ 55 or r=10</b> • breathe 3/5 by 25's
EN-1	<b>8 x 25 drill @ r=10</b> • 25 10-beat free/25 catch-up free
EN-1 TO EN-2	<b>2 x through:</b> • 250 swim @ 4:10 or r=25 • 200 swim @ 3:20 or r=20 • 150 swim @ 2:30 or r=15 • 100 swim @ 1:40 or r=10 • 50 swim @ 55 or r=10
EN-1 TO EN-2	<b>300 kick: every 3<sup>rd</sup> length fast!</b>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/SEPTEMBER 5, 2013

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	<b>300 swim</b> <b>200 kick</b> <b>200 pull</b>
EN-1 TO EN-2	<b>8 x 50 kick @ 1:30 or r=15</b> • negative split
EN-1	<b>8 x 25 "short axis" stroke drills @ 45 or r=10</b> • 25 fly drill/25 breast drill
EN-1 TO EN-2	<b>8 x 50 "short axis" strokes @ 1:10 or r=20</b> • 25 drill/25 swim • alternate 50 fly, 50 breast
EN-1	<b>400 pull:</b> breathe 3/5/3/5 by 100's
EN-2	<b>8 x 25 "short axis" strokes @ 40 or r=15</b> • 25 fly/25 breast
REC	<b>200 choice</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/SEPTEMBER 6, 2013

FOCUS: SPRINT-BASED

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>300 swim</b> <b>200 kick</b>
EN-1	<b>8 x 25 swim @ r=10</b> • 25 DPS/25 build
REC TO SP-1	<ul style="list-style-type: none"><li>• <b>4 x 100 swim @ 2:00 or r=20-30</b> • 25 fast/75 easy</li><li>• <b>400 easy:</b> swim or pull @ r=60</li><li>• <b>6 x 50 swim @ 1:00 or r=10-15</b> • 25 easy/25 fast</li><li>• <b>300 easy:</b> swim or pull @ r=60</li><li>• <b>8 x 25 swim @ 30 or r=10</b> • 12.5 easy/12.5 fast</li><li>• <b>200 easy:</b> swim or pull</li></ul>

**TOTAL: 2500 METERS**