

DAY/DATE: MONDAY/OCT. 28, 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	400 choice
EN-1	2 x 500 @ 7:45 or r=15 #1: pull #2: pull with paddles 4 x 250 @ 4:00 or r=15 #1: pull #2: pull with paddles #3: swim #4: swim with paddles
EN-1 TO EN-2	10 x 50 swim @ 60 or r=15 <ul style="list-style-type: none">• 2 x 50 DPS• 2 x 50 push• 2 x 50 DPS• 2 x 50 push• 2 x 50 DPS
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCT. 29, 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	3 x [100 swim, 100 kick]
EN-1	12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none">• 4 x 50 25 fly/25 back• 4 x 50 25 back/25 breast• 4 x 50 25 breast/25 free
EN-2	6 x 75 swim @ 1:45 or r=20 2 x through: <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free
EN-1	450 pull: breathe 3/5/3/5/3/5/3/5/3 by 50's
EN-2	6 x 50 swim @ 1:05 or r=15 2 x through: <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/OCT. 30, 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	400 swim
EN-1 TO EN-2	4 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none">• negative split
EN-1 TO EN-2	400 kick: every 3rd length fast!
EN-1/EN-3	8 x 50 swim @ 60 or r=15 <ul style="list-style-type: none">• negative split
EN-1/EN-3	16 x 25 swim @ 40 or r=20 <ul style="list-style-type: none">• 25 easy/25 fast
EN-1	400 pull: breathe 3/5/7/3 by 100's
EN-1 TO EN-3	8 x 50 swim @ 60 or r=15 <ul style="list-style-type: none">• descend times 1-4, 5-8
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCT. 31, 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	400 choice
EN-1	8 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none">• 25 breast/25 free
EN-2	1 x 300 swim @ 5:30 or r=30 <ul style="list-style-type: none">• 100 stroke/200 free 2 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none">• 50 stroke/50 free/50 stroke 3 x 100 @ 2:10 or r=20 <ul style="list-style-type: none">• 50 stroke kick/50 stroke 6 x 50 @ 1:10 or r=10 <ul style="list-style-type: none">• 25 stroke drill/25 stroke
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• each round 1 stroke
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/NOVEMBER 1, 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	400 swim, 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=10• 2 x 25 drill @ 45 or r=15• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• negative split• 1 x 200 pull 3:30 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5 by 50's• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">• descend times 1-4• extra 30 seconds rest
EN-1 TO SP-1	4 x 50 "cat and mouse:" <ul style="list-style-type: none">• Think of a mountain stage in the Tour de France, 3 riders are out in front and on the steepest part of the climb, they have almost stopped riding and are waiting for someone to make a move• Ideally there are 4 swimmers side-by-side, one is the "mouse" the rest are the "cats"• Mouse sets the pace and swims slow enough so that everyone can stay in a line• Cats are not allowed to be ahead of mouse• Sometime during the 50 mouse begins a sprint for home, at that point, cats sprint too, and it's a race to touch the wall first!
REC	300 choice

TOTAL: 2500 METERS