

DAY/DATE: MONDAY/OCTOBER 7, 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	10 x 50 pull @ 55 or r=10 • breathe 3/5/7/5/3 by 50's
EN-1 TO EN-2	2 x 500 swim @ 8:00 or r=30 • 25 easy/25 faster/50 easy/50 faster/ 75 easy/75 faster/100 easy/100 faster
EN-1 TO EN-3	4 x 250 swim @ 4:00 or r=20 • 50 easy/50 faster/50 easy/50 faster/ 25 easy/25 faster
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCTOBER 8, 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	400 choice
EN-1	8 x 50 pull @ 1:05 or r=10 <ul style="list-style-type: none">• 25 breaststroke/25 free
EN-2	4 x through [1 round each stroke]: <ul style="list-style-type: none">• 4 x 25 swim @ 45 or r=15• 1 x 100 swim @ 2:15 or r=30
EN-1	4 x [25 scull/25 glide/25 pull]
EN-2	4 x through [1 round each stroke]: <ul style="list-style-type: none">• 2 x 25 swim @ 45 or r=15• 1 x 50 swim @ 1:15 or r=20
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/OCTOBER 9, 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	200 swim 200 kick 200 pull
EN-1	8 x 50 @ 1:00 or r=10 • 25 drill/25 swim
EN-1 TO EN-3	4 x 200 swim @ 3:20 or r=20 • #1: push 4 th 50 • #2: push 3 rd 50 • #3: push 2 nd 50 • #4: push 1 st 50
EN-1	8 x 50 @ r=10 • alt. 50 kick, 50 swim
EN-1 TO EN-3	4 x 100 swim @ 1:45 or r=15 • #1: push 4 th 25 • #2: push 3 rd 25 • #3: push 2 nd 25 • #4: push 1 st 25
EN-1/EN-3	8 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCTOBER 10, 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	200 swim 200 kick 200 pull
EN-1	6 x 50 @ 1:05 or r=15 • 25 drill/25 build
EN-2	4 x through [choose one stroke per round]: • 1 x 75 swim @ 1:45 or r=30 • 2 x 50 swim @ 1:15 or r=20 • 4 x 25 swim @ 45 or r=15
EN-1 TO EN-3	300 kick: every 3rd length fast!
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/OCTOBER 11, 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	200 swim 200 kick 200 pull
EN-1	3 x through: <ul style="list-style-type: none">• 2 x 50 [25 drill/25 swim] @ 1:00 or r=10• 4 x 25 [25 drill/25 swim] @ 40 or r=10
REC TO SP-1	4 x 75 swim @ 2:00 or r=60 <ul style="list-style-type: none">• all fast (90%)! 1 x 200 easy 4 x 50 swim @ 1:30 or r=50 <ul style="list-style-type: none">• all fast (95%)! 1 x 200 easy 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none">• all fast (95%)! 1 x 200 easy
REC	4 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull

TOTAL: 2500 METERS