

DAY/DATE: MONDAY/OCTOBER 14, 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	300 swim
EN-1	2 x through: • 25 top scull @ 45 or r=10 • 25 middle scull @ 45 or r=10 • 25 bottom scull @ 45 or r=15 • 25 10-beat free @ 45 or r=15
EN-1 TO EN-3	• 2 x 300 pull @ 5:00 or r=30 • breathe 3/5/3/5/3/5 by 50's • 4 x 150 swim @ 2:40 or r=20 • descend times 1-4 • 8 x 75 @ 1:30 or r=15 • build 3rd 25 of each 75 • 12 x 50 swim @ 55 or r=10 • hold 800 meter (or 1000 yard) pace
REC	100 swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCTOBER 15, 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	200 swim 6 x 50 [25 drill/25 swim] @ r=10
EN-2	2 x through: • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=20 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 • 25 back @ 40 or r=10 • 25 back/25 breast @ 1:10 or r=20 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 • 25 breast @ 40 or r=10 • 25 breast/25 free @ 1:10 or r=20 • 25 breast/25 free/25 fly @ 1:40 or r=20 • 100 IM @ 2:30 or r=45
EN-1 TO EN-3	• 200 kick @ r=30 • every 3rd length fast! • 4 x 25 kick @ r=10 • fast feet!
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/OCTOBER 16, 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
EN-1	12 x 25 @ 45 or r=15 • 25 r-arm free • 25 l-arm free • 25 DPS free
EN-1 TO EN-3	2 x through: • 400 pull @ 6:30 or r=30 • moderate effort, breathe 3/4/5/3 by 100's • 2 x 200 swim @ 3:20 or r=20 • push 3rd 50 of each 200 • 4 x 100 swim @ 1:45 or r=15 • descend times 1-4
REC	100 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCTOBER 17, 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	500 choice
EN-1 TO EN-2	8 x 50 @ 1:05 or r=15 • 25 10-beat free/25 free • 25 right-arm free/25 free • 25 left-arm free/25 free • 25 drill of choice/25 free
EN-1 TO EN-2	16 x 25 @ 45 or r=15 • 25 3 kicks, 1 pull breast • 25 cobra breast • 25 3 up, 3-down breast • 25 breast
EN-1 TO EN-2	8 x 50 @ 1:10 or r=15 • 25 10-beat back/25 back • 25 right-arm back/25 back • 25 left-arm back/25 back • 25 drill of choice/25 back
EN-1 TO EN-2	16 x 25 @ 45 or r=10 • 25 single-arm fly • 25 4-beat fly • 12.5 fly/12.5 free • 12.5 free/12.5 fly
REC	400 swim: ascend 100's

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/OCTOBER 18, 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
EN-1 TO EN-3	2 x through: • 200 pull @ 3:30 or r=30 • moderate effort • 2 x 100 swim @ 1:50 or r=20 • 2nd 100 faster than 1st 100 • 2 x 50 kick @ 1:30 or r=20 • negative split • 12 x 25 swim @ 45 or r=20 • moderate – hard effort
EN-1/SP-1	16 x 25 @ 40 or r=10-15 • 25 easy/25 fast
REC	100 swim

TOTAL: 2500 METERS