

DAY/DATE: MONDAY/OCTOBER 21, 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	200 choice
EN-1 TO EN-2	• 1 x 500 free @ 8:20 or r=50 ○ moderate pace • 2 x 250 free @ 4:10 or r=25 ○ faster pace than 500 • 4 x 25 @ 45 or r=20 ○ faster pace than 250's • 1 x 400 free @ 6:40 or r=40 ○ moderate pace • 2 x 200 free @ 3:20 or r=20 ○ faster pace than 400 • 4 x 25 @ 45 or r=20 ○ faster pace than 200's • 1 x 300 free @ 5:00 or r=30 ○ moderate pace • 2 x 150 free @ 2:30 or r=15 ○ faster pace than 300 • 4 x 25 @ 45 or r=20 ○ faster pace than 150's
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCTOBER 22, 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	300 swim 6 x 50 [25 kick/25 swim] @ r=10
EN-2	• 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:15 or r=20 ○ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:15 or r=20 ○ 25 back/25 breast • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:15 or r=20 ○ 25 breast/25 free
EN-2	24 x 25 swim @ 40 or r=10-15 • [200 IM order] x 3
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/OCTOBER 23, 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 choice
EN-1 TO EN-2	Swim as one set:
	1 x 400 pull @ 7:00 or r=60 • breathe 3/5/3/5 by 100's
	4 x 50 kick @ 1:30 or r=15 • descend times 1-4
	2 x 200 swim @ 3:30 or r=30 • push 3rd 50 in each 200
	2 x 100 kick @ 3:00 or r=20 • push 3rd 25 of each 100
	4 x 100 pull @ 1:45 or r=15 • descend times 1-4
	1 x 200 kick @ 5:00 or r=30 • push 3rd 50
EN-3	8 x 50 swim @ 55 or r=10 • negative split
	8 x 25 from center of pool @ 50 • fast turns!
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCTOBER 24, 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	8 x 50 @ 1:05 or r=15 • 25 drill/25 swim • IM order
EN-2	• 4 x 100 swim @ 2:00 or r=15 ○ 25 stroke/75 free • 30 seconds extra rest • 4 x 100 swim @ 2:15 or r=20 ○ 50 stroke/50 free • 30 seconds extra rest • 4 x 100 swim @ 2:30 or r=30 ○ 75 stroke/25 free
REC	4 x [25 scull/25 glide stroke/25 pull]

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/OCTOBER 25, 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 TO EN-2	12 x 25 @ 40 or r=10 • 25 ½ easy/½ fast • 25 ½ fast/½ easy • 25 easy • 25 fast
EN-2 TO EN-3	Effort increases with each set: • 2 x 150 swim @ 3:00 or r=45 • moderate • 70% effort • 4 x 75 swim @ 1:45 or r=30 • strong • 80% effort • 12 x 25 swim @ 45 or r=20 • strong • 90% effort
EN-1/EN-3	4 x 50 kick @ 1:30 or r=15 • negative split
EN-1 TO SP-1	12 x 25 @ 45 or r=15 • 25 DPS/25 build/25 fast breakout
REC	200 easy

TOTAL: 2500 METERS