

DAY/DATE: MONDAY/SEPTEMBER 1, 2014

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 choice
EN-1	8 x 25 scull with free kick @ r=5
EN-1 TO EN-2	3 x through: • 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:45 or r=15 ◦ descend times 1-4 • extra 30 seconds rest
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/SEPTEMBER 2, 2014

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
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	8 x 50 kick @ r=10 • 25 easy/25 fast
EN-2	5 x 75 swim @ 1:40 or r=20 • 25 fly/25 free/25 fly • easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 • 25 back/25 free/25 back • easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 • 25 breast/25 free/25 breast • easy 25 at end of set
REC	200 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/SEPT. 3, 2014

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	• 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 ◦ 25 easy/25 fast • 2 x 200 swim @ 3:30 or r=20 ◦ negative split • 2 x 100 @ 2:00 or r=20 ◦ 25 drill/25 swim • 4 x 100 pull @ 1:45 or r=15 ◦ breathe 3/5 by 50's • 1 x 200 @ 4:00 or r=20 ◦ 25 drill/25 swim • 8 x 50 swim @ 55 or r=10 ◦ 2 x (2 x 50 DPS/2 x 50 build)
EN-3	8 x 25 free (from center of pool) @ 45 or r=15 • flip turns practice!
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/SEPTEMBER 4, 2014

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	400 pull: negative split
EN - 2	8 x 50 swim @ 1:00 or r=10 • negative split • choice of strokes
EN - 1	300 pull: breathe 3/5/3 by 100's
EN - 2	6 x 50 swim @ 1:05 or r=15 • negative split • choice of strokes
EN - 1	200 pull: breathe 3/5/3/5 by 50's
EN - 2	4 x 50 swim @ 1:10 or r=20 • negative split • choice of strokes
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/SEPTEMBER 5, 2014

FOCUS: SPEED

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	12 x 25 swim @ 45 or r=15 • 25 DPS/25 build/25 fast breakout, easy to wall
EN-2 TO EN-3	Tempo/effort get faster with each set: • 2 x 150 swim @ 3:00 or r=30 • 4 x 75 swim @ 1:30 or r=15 • 12 x 25 swim @ 40 or r=10
EN-2	200 kick: every 3rd length fast!
EN-1	12 x 25 @ r=5 • 25 scull/25 glide/25 pull
REC	200 choice

Total = 2500 meters