

DAY/DATE: MONDAY/SEPT. 22, 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	400 choice
EN-1	10 x 50 pull @ 55 or r=10 • breathe 3/4/5/6/7 by 50's
EN-1/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/EN-2	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/SEPT. 23, 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	500 choice
EN-1	8 x 50 pull @ 1:05 or r=10 • 25 stroke/25 free
EN-2	4 x through (1 round each stroke): • 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): • 2 x 25 swim @ 45 or r=15 • 1 x 50 swim @ 1:15 or r=20
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/SEPT. 25, 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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> • 25 drill/25 swim
EN-1 TO EN-3	4 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> • #1: push 4th 50 <ul style="list-style-type: none"> ◦ #2: push 3rd 50 <ul style="list-style-type: none"> ▪ #3: push 2nd 50 • #4: push 1st 50
EN-1	8 x 50 @ r=10 <ul style="list-style-type: none"> • alt. 50 kick, 50 swim
EN-1 TO EN-3	4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> • #1: push 4th 25 <ul style="list-style-type: none"> ◦ #2: push 3rd 25 <ul style="list-style-type: none"> ▪ #3: push 2nd 25 • #4: push 1st 25
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 3000 meters

DAY/DATE: THURSDAY/SEPT. 25, 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	<ul style="list-style-type: none">• 200 swim• 300 kick• 200 pull
EN-1	6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 build
EN-2	4 x through (choose one stroke per round): <ul style="list-style-type: none">• 1 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">◦ 2 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">▪ 4 x 25 swim @ 45 or r=15
EN-1/EN-3	300 kick: every 3rd length fast!
REC	100 choice

Total = 2500 meters

DAY/DATE: FRIDAY/SEPT. 26, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">• 2 x 50 @ 1:00 or r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 4 x 25 @ 40 or r=10<ul style="list-style-type: none">◦ 25 drill/25 swim
EN-3/REC	<ul style="list-style-type: none">• 4 x 75 swim @ 2:00 or r=60<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy• 4 x 50 swim @ 1:30 or r=50<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy• 4 x 25 swim @ 1:00 or r=40<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy
REC	4 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 pull

Total = 2500 meters