

DAY/DATE: MONDAY/SEPT. 29, 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	200 swim
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 r-arm free• 25 l-arm free• 25 DPS free
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ moderate effort, breathe 3/4/5/3 by 100's• 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">◦ push 3rd 50 of each 200• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4
REC	100 swim

Total: 3000 meters

DAY/DATE: TUESDAY/SEPT. 30, 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	<ul style="list-style-type: none"> • 200 swim • 8 x 50 (25 drill/25 swim) @ r=10
EN-2	<p>2 x through:</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 200 kick @ r=30 <ul style="list-style-type: none"> ◦ every 3rd length fast! • 4 x 25 kick @ r=10 <ul style="list-style-type: none"> ◦ fast feet!
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/OCT. 1, 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	300 swim
EN-1	2 x through: <ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 2 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5/3/5 by 50's• 4 x 150 swim @ 2:40 or r=20<ul style="list-style-type: none">◦ descend times 1-4• 8 x 75 @ 1:30 or r=15<ul style="list-style-type: none">◦ build 3rd 25 of each 75• 12 x 50 swim @ 55 or r=10<ul style="list-style-type: none">◦ hold 400 meter (or 500 yard) pace
REC	100 swim

Total = 3000 meters

DAY/DATE: THURSDAY/OCT. 2, 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	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 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-2	16 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 3 kicks, 1 pull breast• 25 cobra breast• 25 3 up, 3-down breast• 25 breast
EN-2	8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none">• 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-2	16 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 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/OCT. 3, 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	400 swim
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate effort• 2 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none">◦ 2nd 100 faster than 1st 100• 2 x 50 kick @ 1:30 or r=20<ul style="list-style-type: none">◦ negative split• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ moderate – hard effort
EN-1/EN-3	16 x 25 @ 40 or r=10-15 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 swim

Total = 2500 meters