

DAY/DATE: MONDAY/SEPT. 8, 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 swim
EN-1	4 x through: • 2 x 50 pull @ 55 or r=10 • 2 x 25 pull @ 30 or r=5
EN-1 TO EN-2	@ 20 seconds rest between swims: • 50 ◦ 100 ▪ 150 • 200 ◦ 250 ▪ 300 ◦ 250 • 200 ▪ 150 ◦ 100 • 50
EN-2 TO REC	8 x 25 swim @ r=10 • ascend times 1-8

Total: 3000 meters

DAY/DATE: TUESDAY/SEPT. 9, 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	12 x 25 @ r=10 • 25 scull/25 drill/25 swim
EN-1	8 x 75 pull @ 1:40 or r=15 • 25 free/25 breast/25 free
EN-2	8 x 75 swim @ 1:45 or r=20 • odd 75's: 25 fly/25 back/25 breast • even 75's: 25 back/25 breast/25 free
EN-2	20 x 25 swim @ 40 or r=10 • 100 IM order
REC	200 swim

Total: 2500 meters

DAY/DATE: WEDNESDAY/SEPT. 10, 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	500 choice
EN-1 TO EN-2	3 x through: • 1 x 200 pull @ 3:30 or r=30 ◦ moderate effort • 1 x 150 swim @ 2:45 or r=20 ◦ 50 build/50 DPS/50 build • 1 x 100 pull @ 1:45 or r=20 ◦ negative split • 1 x 50 swim @ 1:00 or r=15 ◦ negative split
EN-1 TO EN-3	5 x through: • 1 x 50 swim @ 1:00 or r=15 • 2 x 25 swim @ 30 or r=10 ◦ equal to or faster than 50 pace
EN-1 TO EN-3	300 kick: every 3rd length fast!
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/SEPT. 11, 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 kick @ 1:30 or r=20 • choose 1 stroke for each set of 4 x 50 • descend times 1-4, 5-8
EN-2	10 x 25 drill @ 45 or r=10 • head-up cobra drill with fins or alternative drill
EN-2 TO EN-3	8 x 50 swim @ 1:30 or r=30 • choose 1 stroke • keep stroke count consistent • best possible average for 8 x 50
EN-1	400 pull: breathe every 3rd stroke
EN-2	10 x 25 drill @ 45 or r=10 • head-up cobra drill with fins or alternative drill
REC	200 swim

Total = 2500 meters

DAY/DATE: FRIDAY/SEPT. 12, 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 choice • 200 swim
EN-1	12 x 25 @ r=15 • 25 kick/25 swim
EN-2/ EN-3	10 x 50 swim @ 1:15 or r=30 • 25 build/25 fast
REC	200 swim
EN-2/SP-1	10 x 25 swim @ 45 or r=20 • 25 build/25 fast
REC	200 swim
EN-2/SP-1	10 x 25 swim @ 45 or r=20 • 25 build/25 fast
REC	200 choice

Total = 2500 meters