

DAY/DATE: MONDAY/NOV. 3, 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 swim
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
EN-1 TO EN-2	• 400 pull @ 6:40 or r=40 ◦ 300 swim @ 5:00 or r=30 ▪ 200 pull @ 3:20 or r=20 • 100 swim @ 1:40 or r=10 • 300 swim @ 5:00 or r=30 ◦ 200 pull @ 3:20 or r=20 ▪ 100 swim @ 1:40 or r=10 • 200 pull @ 3:20 or r=20 ◦ 100 swim @ 1:40 or r=10 • 100 swim @ 1:40 or r=10
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/NOV. 4, 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	200 swim 200 kick 200 pull
EN-1	8 x 50 @ 1:10 or r=15 • 25 kick/25 drill
EN-2	4 x through: • 100 IM @ 2:20 or r=30 • 3 x 50 swim @ 1:00 or r=10 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 2 x 25 easy freestyle @ r=10 • 1 minute between rounds
EN-1	4 x 50 @ 1:05 or r=15 • 25 drill/25 swim
REC	100 swim

Total: 2500 meters

DAY/DATE: WEDNESDAY/NOV. 5, 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-3	• 3 x 200 pull @ 3:20 or r=20 ◦ DPS • 6 x 50 swim @ 1:00 or r=15 ◦ negative split • 2 x 200 pull @ 3:20 or r=20 ◦ DPS • 6 x 50 swim @ 1:00 or r=15 ◦ push first 30 meters • 1 x 200 pull @ 3:20 or r=20 ◦ DPS • 6 x 50 swim @ 1:00 or r=15 ◦ push turn and finish
EN-1	20 x 25 @ r=5 • 25 top scull/25 glide • 25 middle scull/25 glide • 25 bottom scull #1/25 glide • 25 bottom scull #2/25 glide • 25 squiggly lines scull/25 glide

Total = 3000 meters

DAY/DATE: THURSDAY/NOV. 6, 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	300 swim
EN - 1	16 x 25 @ 45 or r=15 • 25 kick • 25 drill • 25 build • 25 DPS
EN - 2	2 x through: • 200 free @ 3:30 or r=30 • 2 x 100 stroke @ 2:15 or r=30 • 4 x 50 free @ 1:00 or r=15 • 8 x 25 stroke @ 45 or r=15 • extra 30 seconds rest
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/NOV. 7, 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	600 choice
EN-1 TO EN-2	8 x 25 build @ r=10
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 • #1/#5: push 4th 25 • #2/#6: push 3rd 25 • #3/#7: push 2nd 25 • #4/#8: push 1st 25
REC	8 x 25 swim @ r=10
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 • push last 50 • push middle 50 • push first 50 • push first and last 25's
REC	12 x 25 (25 scull with kick/25 swim) @ r=10

Total = 2500 meters