

DAY/DATE: MONDAY/OCT. 13, 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 TO EN-2	<ul style="list-style-type: none">• 2 x 500 @ 7:45 or r=15<ul style="list-style-type: none">◦ descend times 1-2◦ #1: pull◦ #2: pull with paddles• 4 x 250 @ 4:00 or r=15<ul style="list-style-type: none">◦ descend times 1-2, 3-4◦ #1: pull◦ #2: pull with paddles◦ #3: swim◦ #4: swim with paddles
EN-1 TO EN-3	10 x 50 swim @ 60 or r=15 <ul style="list-style-type: none">• 2 x 50 DPS• 2 x 50 push• 2 x 50 DPS• 2 x 50 push• 2 x 50 DPS
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/OCT. 14, 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	3 x (100 swim, 100 kick)
EN - 1	12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none">• 4 x 50 25 fly/25 back• 4 x 50 25 back/25 breast• 4 x 50 25 breast/25 free
EN - 2	6 x 75 swim @ 1:45 or r=20 2 x through: <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free
EN - 1	450 pull: breathe 3/5/3/5/3/5/3/5/3 by 50's
EN - 2	6 x 50 swim @ 1:05 or r=15 2 x through: <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/OCT. 15, 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 swim
EN-1 TO EN-2	4 x 100 pull @ 1:45 or r=15 • negative split
EN-1 TO EN-3	400 kick: every 3rd length fast!
EN-1 TO EN-3	8 x 50 swim @ 60 or r=15 • negative split
EN-1/EN-3	16 x 25 swim @ 40 or r=20 • 25 easy/25 fast
EN-1	400 pull: breathe 3/5/7/3 by 100's
EN-1 TO EN-3	8 x 50 swim @ 60 or r=15 • descend times 1-4, 5-8
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/OCT. 16, 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	400 choice
EN - 1	8 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN - 2	<ul style="list-style-type: none">• 1 x 300 swim @ 5:30 or r=30<ul style="list-style-type: none">◦ 100 stroke/200 free• 2 x 150 swim @ 3:00 or r=20<ul style="list-style-type: none">◦ 50 stroke/50 free/50 stroke• 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none">◦ 50 stroke kick/50 stroke• 6 x 50 @ 1:10 or r=10<ul style="list-style-type: none">◦ 25 stroke drill/25 stroke
EN - 2	12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim• each round 1 stroke
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/OCT. 17, 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, 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=10• 2 x 25 drill @ 45 or r=15• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split• 1 x 200 pull 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4• extra 30 seconds rest
EN-1 TO EN-3	4 x 50 "cat and mouse" <ul style="list-style-type: none">• think of a mountain stage in the Tour de France, 3 riders are way out in front and are on the steepest part of the climb, they have almost stopped riding and are waiting for someone to make a move• ideally there are at least 4 swimmers, one of you is "mouse" the rest of you are "cats"• mouse sets the pace for the 50; swim slow so that everyone can stay in a line• cats are not allowed to be ahead of mouse (until mouse begins sprinting)• at some point during the 50 mouse sprints for home• when mouse begins sprinting cats try to catch it!
REC	300 choice

Total = 2500 meters