

DAY/DATE: MONDAY/OCT. 20, 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 200 pull 200 kick
EN-1 TO EN-2	2nd repeat faster than 1st in each set: • 2 x 400 @ 7:00 or r=40 • 2 x 300 @ 5:15 or r=30 • 2 x 200 @ 3:30 or r=20 • 2 x 100 @ 1:45 or r=15 • 2 x 50 @ 1:00 or r=15
REC	12 x 25 @ r=5 • 25 scull/25 glide stroke/25 pull

Total: 3000 meters

DAY/DATE: TUESDAY/OCT. 21, 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 @ 55 • breathe 3/5 by 25's
EN-1 TO EN-2	4 x through (Milt Nelms' Axes Swim): • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-2	4 x through: • 1 x 50 swim (200 IM order) @ 1:10 • 1 x 100 IM @ 2:00
REC	12 x 25 @ r=5 • 25 scull with kick/25 swim

Total: 2500 meters

DAY/DATE: WEDNESDAY/OCT. 22, 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	200 swim 200 kick 200 pull
EN-1	6 x 50 pull @ 55 or r=10 • breathe 3/5/7 by 50's
EN-1 TO EN-3	3 x through: • 200 swim (moderate pace) @ 3:30 or r=30 • 150 swim (faster pace) @ 2:45 or r=30 • 100 swim (faster pace) @ 1:45 or r=15 • 50 stroke (moderate pace) @ 1:30 or r=30
EN-1	4 x (25 scull/25 glide stroke/25 pull)
EN-1/EN-3	8 x 25 swim @ 45 or r=15 • 25 easy/25 fast
REC	100 choice

Total = 3000 meters

DAY/DATE: THURSDAY/OCT. 23, 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 swim
EN-1 TO EN-2	10 x 50 kick @ 1:30 or r=15 • figure average time for each set of 5 x 50 • same stroke for each set of 5 x 50
EN-1 TO EN-2	10 x 25 @ 45 or r=10 • 25 stroke drill/25 stroke swim
EN-1 TO EN-2	10 x 50 @ 1:15 or r=20 • 25 stroke drill/25 stroke swim • note times and # strokes per length
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1 TO EN-2	10 x 25 @ 45 or r=10 • 25 stroke drill/25 stroke swim
REC	100 swim

Total = 2500 meters

DAY/DATE: FRIDAY/OCT. 24, 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	• 300 swim • 6 x 50 pull @ r=10
EN-1 TO EN-2	12 x 25 @ 40 or r=10 • 25 drill/25 build
EN-3	8 x 50 swim @ 1:15 or r=30 • fastest possible average
EN-1	400 pull: breathe 3/5/3/optional by 100's
SP-1	8 x 25 swim @ 50 or r=30 • fastest possible average
EN-1/EN-3	400 kick: every 3rd length fast!
REC	8 x 25 scull with freestyle kick @ r=5

Total = 2500 meters