

DAY/DATE: MONDAY/OCT. 6, 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 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EN-1 TO<br>EN-3 | <ul style="list-style-type: none"><li>• 500 free @ 8:20 or r=50<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 250 free @ 4:10 or r=25<ul style="list-style-type: none"><li>◦ faster pace than 500</li></ul></li><li>• 4 x 25 @ 45 or r=20<ul style="list-style-type: none"><li>◦ faster pace than 250's</li></ul></li><li>• 400 free @ 6:40 or r=40<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 200 free @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ faster pace than 400</li></ul></li><li>• 4 x 25 @ 45 or r=20<ul style="list-style-type: none"><li>◦ faster pace than 200's</li></ul></li><li>• 300 free @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 2 x 150 free @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ faster pace than 300</li></ul></li><li>• 4 x 25 @ 45 or r=20<ul style="list-style-type: none"><li>◦ faster pace than 150's</li></ul></li></ul> |
| REC             | 100 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

Total: 3000 meters

DAY/DATE: TUESDAY/OCT. 7, 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 TO<br>EN-1 | <ul style="list-style-type: none"><li>• 300 swim</li><li>• 6 x 50 (25 kick/25 swim) @ r=10</li></ul>                                                                                                                                                                                                                                                                                                                                                                     |
| EN-2           | <ul style="list-style-type: none"><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ 25 fly/25 back</li></ul></li><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ 25 back/25 breast</li></ul></li><li>• 1 x 200 IM @ 4:00 or r=30</li><li>• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none"><li>◦ 25 breast/25 free</li></ul></li></ul> |
| EN-2           | 24 x 25 swim @ 40 or r=10-15 <ul style="list-style-type: none"><li>• 4 x thru:<ul style="list-style-type: none"><li>◦ 25 free/25 fly</li><li>◦ 25 free/25 back</li><li>◦ 25 free/25 breast</li></ul></li></ul>                                                                                                                                                                                                                                                           |
| REC            | 100 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

Total: 2500 meters

DAY/DATE: WEDNESDAY/OCT. 8, 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<br>EN-3 | <b>Swim as one set:</b> <ul style="list-style-type: none"><li>• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 2 x 200 swim @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ push 3rd 50 in each 200</li></ul></li><li>• 2 x 100 kick @ 3:00 or r=20<ul style="list-style-type: none"><li>◦ push 3rd 25 of each 100</li></ul></li><li>• 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 200 kick @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ push 3rd 50</li></ul></li><li>• 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ negative split</li></ul></li></ul> |
| SP-1            | 8 x 25 from center of pool @ 50 <ul style="list-style-type: none"><li>• fast turns!</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| REC             | 200 choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

Total = 3000 meters

DAY/DATE: THURSDAY/OCT. 9, 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  | <ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>                                                                                                                                                                                                                                                                                                                                   |
| EN-1 | 8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"><li>• 25 drill/25 swim</li><li>• IM order</li></ul>                                                                                                                                                                                                                                                                                                                        |
| EN-2 | <ul style="list-style-type: none"><li>• 4 x 100 swim @ 2:00 or r=15<ul style="list-style-type: none"><li>◦ 75 free/25 stroke</li></ul></li><li>• 30 seconds extra rest</li><li>• 4 x 100 swim @ 2:15 or r=20<ul style="list-style-type: none"><li>◦ 50 free/50 stroke</li></ul></li><li>• 30 seconds extra rest</li><li>• 4 x 100 swim @ 2:30 or r=30<ul style="list-style-type: none"><li>◦ 25 free/75 stroke</li></ul></li></ul> |
| REC  | 4 x (25 scull/25 glide stroke/25 pull)                                                                                                                                                                                                                                                                                                                                                                                             |

Total = 2500 meters

DAY/DATE: FRIDAY/OCT. 10, 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 kick/200 pull                                                                                                                                                                                                                                                                                                                                                                                                             |
| EN-1 TO<br>EN-2 | 12 x 25 @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 ½ easy/½ fast</li><li>• 25 ½ fast/½ easy</li><li>• 25 easy</li><li>• 25 fast</li></ul>                                                                                                                                                                                                                                                                                 |
| EN-2 TO<br>EN-3 | <b>Effort increases with each set:</b> <ul style="list-style-type: none"><li>• 2 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none"><li>◦ moderate</li><li>◦ 70% effort</li></ul></li><li>• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none"><li>◦ strong</li><li>◦ 80% effort</li></ul></li><li>• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none"><li>◦ strong</li><li>◦ 90% effort</li></ul></li></ul> |
| EN-1/EN-3       | 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"><li>• negative split</li></ul>                                                                                                                                                                                                                                                                                                                                            |
| EN-1 TO<br>EN-3 | 12 x 25 @ 45 or r=15 <ul style="list-style-type: none"><li>• 25 DPS/25 build/25 fast breakout</li></ul>                                                                                                                                                                                                                                                                                                                                |
| REC             | 200 easy                                                                                                                                                                                                                                                                                                                                                                                                                               |

Total = 2500 meters