

DAY/DATE: MONDAY/DEC. 1, 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	500 choice
EN-1 TO EN-2	• 1 x 500 swim or pull @ 8:20 or r=50 ◦ moderate pace • 2 x 250 swim or pull @ 4:10 or r=25 ◦ at faster pace than 500 • 1 x 400 swim or pull @ 6:40 or r=40 ◦ moderate pace • 2 x 200 swim or pull @ 3:20 or r=20 ◦ at faster pace than 400 • 1 x 300 swim or pull @ 5:00 or r=30 ◦ moderate pace • 2 x 150 swim or pull @ 2:30 or r=15 ◦ at faster pace than 300
REC	100 choice

Total: 3000 meters

DAY/DATE: TUESDAY/DEC. 2, 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 - 2	• 4 x 50 swim @ 1:10 or r=20 ◦ 1 each stroke • 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 ◦ #1: 50 fly/50 back ◦ #2: 50 back/50 breast ◦ #3: 50 breast/50 free • 2 x 150 swim @ 3:10 or r=30 ◦ #1: 50 fly/50 back/50 breast ◦ #2: 50 back/50 breast/50 free • 1 x 200 IM @ 4:10 or r=40 • 2 x 150 swim @ 3:10 or r=30 ◦ #1: 50 fly/50 back/50 breast ◦ #2: 50 back/50 breast/50 free • 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 ◦ #1: 50 fly/50 back ◦ #2: 50 back/50 breast ◦ #3: 50 breast/50 free • 4 x 50 swim @ 1:10 or r=20 ◦ 1 each stroke
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/DEC. 3, 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	4 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-3	2 x through (1st round = pull, 2nd round = swim): • 1 x 300 @ 5:00 or r=30 ◦ moderate pace • 2 x 150 @ 2:40 or r=20 ◦ at faster pace than 300 • 3 x 100 @ 1:45 or r=15 ◦ at faster pace than 150's • 4 x 75 @ 1:20 or r=10 ◦ at faster pace than 100's • extra 60 seconds rest between sets!
REC	100 choice

Total = 3000 meters

DAY/DATE: THURSDAY/DEC. 4, 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	6 x 50 swim @ 1:05 or r=15 • 25 DPS/25 build
EN-2	Choose 1 or 2 strokes for this set: • 8 x 25 kick @ 50 or r=10 • 4 x 50 swim @ 1:10 or r=15 • 2 x 100 @ 2:10 or r=20 ◦ 25 drill/25 swim • 1 x 200 swim @ 4:10 or r=30 • 1 x 200 @ 4:10 or r=30 ◦ 25 drill/25 swim • 2 x 100 swim @ 2:10 or r=20 • 4 x 50 kick @ 1:30 or r=15 • 8 x 25 swim @ 50 or r=10
REC	200 choice

Total = 2500 meters

DAY/DATE: FRIDAY/DEC. 5, 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 choice
EN-1 TO SP-1	2 x through: • 8 x 25 swim @ r=10 ◦ build • 4 x 50 swim @ 1:00 or r=15 ◦ 1 easy/1 fast • 1 x 100 swim @ 2:00 or r=30 ◦ all fast • 4 x 50 swim @ 1:00 or r=15 ◦ 1 easy/1 fast • 8 x 25 swim @ r=10 ◦ build • 100 swim @ 3:00 or r=60 ◦ all easy
REC	100 choice

Total = 2500 meters