

DAY/DATE: MONDAY/NOV. 17, 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 TO EN-1	• 200 swim • 4 x 75 @ r=10 ◦ 25 scull with free kick/25 drill/25 swim • 4 x 50 kick @ r=10
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	2 x through: • 1 x 400 swim @ 6:30 or r=30 ◦ negative split • 1 x 300 swim @ 4:45 or r=15 ◦ negative split • 1 x 200 swim @ 3:15 or r=15 ◦ negative split
REC	100: 25 glide stroke/25 pull

Total: 3000 meters

DAY/DATE: TUESDAY/NOV. 18, 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	400 swim
EN-1	12 x 50 @ 1:00 or r=10 • odd 50's: 25 10-beat free/25 free • even 50's: 25 free/25 10-beat free
EN-1	16 x 25 drill @ 45 or r=15 • 200 IM order
EN-2	12 x 50 swim @ 1:10 or r=20 4 x through: • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
EN-1/EN-2	400 IM kick: • negative split each 100
REC	100 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/NOV. 19, 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 • 100 kick • 200 pull
EN-1	4 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-3	2 x through: • 4 x 150 @ 2:45 or r=30 ◦ descend times 1-4 • 4 x 50 @ 1:00 or r=15 ◦ hold same pace as last 150 • 4 x 25 @ 30 or r=10 ◦ all fast! • 1 x 100 @ 3:00 ◦ easy
REC	200 swim

Total = 3000 meters

DAY/DATE: THURSDAY/NOV. 20, 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	• 200 swim • 200 kick • 200 pull
EN-1	12 x 50 @ 1:10 (max. 6 freestyle) • 25 drill/25 swim
EN-1 TO EN-2	3 x through [choose one stroke each round]: • 200 swim @ 4:20 ◦ 50 kick/50 swim/50 kick/50 swim • 8 x 25 swim @ 40 ◦ descend times 1-4, 5-8
REC	4 x 25 @ r=10 • 25 scull/25 pull

Total = 2500 meters

DAY/DATE: FRIDAY/NOV. 21, 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 • 200 kick: IM • 100 drill: IM
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-3	8 x 75 swim @ 1:45 or r=30 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	100 swim
EN-2 TO EN-3	8 x 50 swim @ 1:15 or r=30 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	100 swim
EN-2 TO EN-3	8 x 25 swim @ 40 or r=15 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	100 choice

Total = 2500 meters