

DAY/DATE: MONDAY/NOV. 24, 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 kick 200 pull
EN-1	11 x 50 pull @ 1:00 or r=10 • 3 x 50 breathe 3/3 by 25's • 4 x 50 breathe 3/5 by 25's • 3 x 50 breathe 5/5 by 25's • 1 x 50 breathe 5/3 by 25's
EN-1 TO EN-3	Davis Mile: broken 1650 Subtract 2½ minutes to get time • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 ◦ 8 lengths (200) @ r=15 ◦ 7 lengths (175) @ r=15 ◦ 6 lengths (150) @ r=15 ◦ 5 lengths (125) @ r=15 ▪ 4 lengths (100) @ r=10 ▪ 3 lengths (75) @ r=10 ▪ 2 lengths (50) @ r=10 • 1 length (25)
REC	200 choice

Total: 3000 meters

DAY/DATE: TUESDAY/NOV. 25, 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
EN-1	12 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-2	12 x 75 @ 1:45 or r=20 • 25 kick/50 swim • 3 each stroke • reverse IM order
EN-1 TO EN-3	12 x 25 @ 45 or r=15 • 3 each stroke • descend times 1-3, 4-6, etc.
REC	300 choice

Total: 2500 meters

DAY/DATE: WEDNESDAY/NOV. 26, 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	16 x 25 @ r=10 • 25 scull/25 pull
EN-2 TO EN-3	2 x through: • 1 x 200 swim, moderate pace @ 3:30 or r=30 • 2 x 100 swim, fast pace @ 2:00 or r=30 • 4 x 50 swim, moderate pace @ 1:00 or r=15 • 8 x 25 swim, fast pace @ 40 or r=15 • extra 60 seconds between rounds
EN-1 TO EN-2	• 2 x 50 kick @ 1:30 or r=20 • 2 x 50 kick @ 1:25 or r=15 • 2 x 50 kick @ 1:20 or r=10 • 2 x 50 kick @ 1:15 or r=5
REC	200 choice

Total = 3000 meters

DAY/DATE: THURSDAY/NOV. 27, 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	300 swim 200 pull
EN-1	8 x 25 kick @ 45 or r=10
EN-2	3 x through: • 100 free @ 1:50 or r=20 • 75 free/25 stroke @ 2:00 or r=20 • 50 free/50 stroke @ 2:10 or r=20 • 25 free/75 stroke @ 2:20 or r=20 • 100 stroke @ 2:30 or r=20
EN-1/EN-3	8 x 25 swim @ 45 or r=15 • 25 easy/25 fast
REC	100 choice

Total = 2500 meters

DAY/DATE: FRIDAY/NOV. 28, 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 choice
EN-1	8 x 25 @ r=10 • 25 drill/25 build
EN-2 TO EN-3	2 x through: **200's are somewhat hard, 100's are hard, 50's are very hard** • 1 x 200 @ 4:00 ▪ 1 x 100 @ 2:30 ◦ 2 x 50 @ 1:30 ▪ 1 x 100 @ 2:30 • 1 x 200 @ 4:00
EN-1	DPS/Breath control set: 20 x 25 swim @ 45 • 2 x 25 DPS breathing every 5th stroke • 2 x 25 0-2 breaths
REC	100 choice

Total = 2500 meters