

DAY/DATE: MONDAY/SEPT. 14, 2015

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 EN-2	<ul style="list-style-type: none"> <li>• 1 x 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>• 1 x 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>• 1 x 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

DAY/DATE: TUESDAY/SEPT. 15, 2015

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	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 6 x 50 (25 kick/25 swim) @ r=10</li> </ul>
EN-1 TO 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-1 TO EN-2	24 x 25 swim @ 40 or r=10-15 <u>4 x thru:</u> <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>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 16, 2015

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 EN-2	<p><u>Swim as one continuous set:</u></p> <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	<p>8 x 25 from center of pool @ 50</p> <ul style="list-style-type: none"> <li>• fast turns!</li> </ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPT. 17, 2015

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-1 TO 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

DAY/DATE: FRIDAY/SEPT. 18, 2015

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/EN-3	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 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 TO EN-2	4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>• negative split</li> </ul>
EN-1 TO 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