

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

Total = 3000

DAY/DATE: TUESDAY/NOV. 3, 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	200 swim 200 kick 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none"> • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 1 each stroke <ul style="list-style-type: none"> ▪ 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 <ul style="list-style-type: none"> • #1: 50 fly/50 back • #2: 50 back/50 breast • #3: 50 breast/50 free ◦ 2 x 150 swim @ 3:10 or r=30 <ul style="list-style-type: none"> ▪ #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 <ul style="list-style-type: none"> ▪ #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 <ul style="list-style-type: none"> • #1: 50 fly/50 back • #2: 50 back/50 breast • #3: 50 breast/50 free • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 1 each stroke
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOV. 4, 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 swim
EN-1	4 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-3	<u>2 x through:</u> 1st round = pull, 2nd round = swim <ul style="list-style-type: none">• 1 x 300 @ 5:00 or r=30<ul style="list-style-type: none">◦ moderate pace• 2 x 150 @ 2:40 or r=20<ul style="list-style-type: none">◦ faster pace than 300• 3 x 100 @ 1:45 or r=15<ul style="list-style-type: none">◦ faster pace than 150's• 4 x 75 @ 1:20 or r=10<ul style="list-style-type: none">◦ faster pace than 100's• extra 60 seconds rest between sets!
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/NOV. 5, 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	400 choice
EN-1	6 x 50 swim @ 1:05 or r=15 • 25 DPS/25 build
EN-1 TO EN-2	<u>Choose 1 or 2 strokes for this set:</u> <ul style="list-style-type: none">• 8 x 25 kick @ 45 or r=10<ul style="list-style-type: none">◦ descend times 1-4, 5-8• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">◦ descend times 1-4• 2 x 100 @ 2:15 or r=20<ul style="list-style-type: none">◦ 25 drill/25 swim• 1 x 200 swim @ 4:15 or r=30<ul style="list-style-type: none">◦ negative split• 1 x 200 @ 4:15 or r=30<ul style="list-style-type: none">◦ 25 drill/25 swim• 2 x 100 swim @ 2:15 or r=20<ul style="list-style-type: none">◦ negative split• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 8 x 25 swim @ 45 or r=10<ul style="list-style-type: none">◦ descend times 1-4, 5-8
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/NOV. 6, 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	400 choice
EN-1 TO EN-3	<u>2 x through:</u> <ul style="list-style-type: none">• 8 x 25 swim @ r=10<ul style="list-style-type: none">◦ build• 4 x 50 swim @ 1:30 or r=30<ul style="list-style-type: none">◦ 1 easy/1 fast• 1 x 100 swim @ 2:30 or r=60<ul style="list-style-type: none">◦ all fast• 4 x 50 swim @ 1:30 or r=30<ul style="list-style-type: none">◦ 1 easy/1 fast• 8 x 25 swim @ r=10<ul style="list-style-type: none">◦ build• 1 x 100 swim @ 3:00 or r=60<ul style="list-style-type: none">◦ all easy
REC	100 choice

Total = 2500