

DAY/DATE: MONDAY/NOV. 16, 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	300 choice
EN - 1	4 x 50 @ r=10 • 25 drill/25 swim
EN - 1 TO EN - 2	• 4 x 100 pull @ 1:45 or r=15 ◦ descend times 1-4 • 2 x 200 swim @ 3:30 or r=30 ◦ descend times 1-2 • 1 x 400 pull @ 7:00 or r=60 ◦ negative split • 4 x 100 swim @ 1:45 or r=15 ◦ descend times 1-4 • 2 x 200 pull @ 3:30 or r=30 ◦ descend times 1-2 • 1 x 400 swim ◦ negative split
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOV. 17, 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	600 choice
EN-1	<u>2 x through (IM order):</u> • 4 x 25 kick @ 45 or r=10 • 4 x 50 swim @ 1:00 or r=15
EN-2	12 x 50 @ 1:10 or r=15 <u>4 x through:</u> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
EN-1 TO EN-2	24 x 25 swim @ 45 or r=15 <u>Alternate:</u> • 4 x 25 IM order • 4 x 25 DPS (maximum distance per stroke)
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/NOV. 18, 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 TO EN-1	• 200 swim • 200 kick • 4 x 50 (25 drill/25 swim) @ r=10 • 4 x 25 (25 scull/25 pull) @ r=5 • 4 x 25 build @ r=10
EN-1 TO EN-3	• 1 x 400 pull @ 7:00 or r=60 ◦ moderate pace, breathe every 3rd stroke • 4 x 100 swim @ 1:45 or r=15 ◦ descend times 1-4 • 1 x 300 pull @ 5:00 or r=30 ◦ moderate pace, breathe every 3rd stroke • 3 x 100 swim @ 1:45 or r=15 ◦ faster than 4th 100 of 4 x 100 • 1 x 200 pull @ 3:30 or r=30 ◦ moderate pace, breathe every 3rd stroke • 2 x 100 swim @ 1:45 or r=15 ◦ faster than 3 x 100 pace • 1 x 100 pull @ 2:00 or r=30 ◦ moderate pace, breathe every 3rd stroke • 1 x 100 swim ◦ fastest 100
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/NOV. 19, 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	• 200 swim • 200 kick • 200 pull • 8 x 25 drill @ r=10 ◦ 2 of each stroke, IM order
EN-1 TO EN-2	8 x 75 @ 2:00 or r=15-30 <u>Choose 1 or 2 strokes:</u> • 75 kick ▪ 50 kick/25 swim ◦ 25 kick/50 swim • 75 swim • 75 swim ◦ 50 swim/25 kick ▪ 25 swim/50 kick • 75 kick
EN-1 TO EN-2	8 x 50 swim @ 1:10 or r=15 • 25 back/25 breast
EN-1 TO EN-2	20 x 25 swim @ 30 or r=5 • 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/NOV. 20, 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	4 x 75 @ r=15 • 25 kick/25 drill/25 swim
EN - 1 TO EN - 3	12 x 50 swim: 2 x 50 @ 1:00, 1 x 50 @ 1:30 <u>Stroke count set, each set is 3 x 50:</u> • #1: relaxed pace, count # of strokes • #2: 200 race pace, maintain same # of strokes • #3: max. speed, maintain same # of strokes 1 x 400 pull: breathe 3/5/3/5 by 100's 12 x 25 swim @ 45 or r=15 <u>Stroke count set, each set is 3 x 25:</u> • #1: relaxed pace, count # of strokes • #2: 200 race pace, maintain same # of strokes • #3: max. speed, maintain same # of strokes
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 2500