

DAY/DATE: MONDAY/NOV. 23, 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 swim • 4 x 50 pull @ r=5 • 8 x 25 kick @ r=5
EN-1	4 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-2	<u>Descend times 1-2 for each distance:</u> • 2 x 400 @ 6:40 or r=40 ◦ 2 x 300 @ 5:00 or r=30 ▪ 2 x 200 @ 3:20 or r=20 • 2 x 100 @ 1:40 or r=10
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/NOV. 24, 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	400 swim
EN-1 TO EN-2	<u>4 x thru (1 round each stroke, reverse IM order):</u> • 2 x 25 kick @ 45 or r=15 • 2 x 50 @ 1:15 or r=15 ○ 25 drill/25 swim • 1 x 100 swim @ 2:15 or r=30 ○ rnd 1: 25 fly/25 free/25 fly/25 free ○ rnd 2: 25 back/25 free/25 back/25 free ○ rnd 3: 25 brst/25 free/25 brst/25 free ○ rnd 4: 100 IM • 1 x 100 pull @ 1:40 or r=10 ○ breathe 3/5 by 25's • extra 30 seconds rest between rounds
EN-2	12 x 50 swim @ 1:10 or r=15 <u>4 x thru:</u> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/NOV. 25, 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	300 swim
EN-1	8 x 25 scull with freestyle kick @ r=5
EN-1 TO EN-2	<u>Swim as one continuous set:</u> • 1 x 300 pull @ 5:00 or r=30 ○ 2 x 150 swim @ 2:45 or r=20 ▪ 4 x 75 kick @ 1:45 or r=15 • 6 x 50 swim @ 1:00 or r=15 ▪ 4 x 75 kick @ 1:45 or r=15 ○ 2 x 150 swim @ 2:45 or r=20 • 1 x 300 pull
EN-1	8 x 25 drill @ 45 or r=15 • 25 10-beat free/25 DPS
REC	200 swim

Total = 3000

DAY/DATE: THURSDAY/NOV. 26, 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	300 swim 6 x 50 @ r=10 • 25 kick/25 swim
EN-1	24 x 25 swim @ 40 or r=10-15 <u>Alternate:</u> • 25 stroke/25 free
EN-2	<u>2 x thru:</u> • 1 x 200 swim @ 3:40 or r=30 ◦ odd 50's stroke • 4 x 50 swim @ 1:10 or r=15 ◦ even 50's stroke • 8 x 25 swim @ 40 or r=10 ◦ all stroke
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/NOV. 27, 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	• 300 swim • 200 kick • 100 pull
EN-1	8 x 50 @ r=10 • 1-4: 25 kick/25 swim • 5-8: 25 drill/25 swim
EN-2 TO EN-3	3 x 200 swim @ 4:00 or r=60 • #1: straight 200 • #2: broken 15 seconds at 100 • #3: broken 10 seconds at each 50
REC	6 x 50 pull or swim @ r=10
EN-2 TO EN-3	3 x 100 swim @ 2:30 or r=60 • #1: straight 100 • #2: broken 15 seconds at 50 • #3: broken 10 seconds at each 25
REC	300 choice

Total = 2500