

DAY/DATE: MONDAY/NOV. 9, 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	• 400 swim • 200 kick
EN-1 TO EN-2	Swim as one continuous set: • 1 x 400 pull @ 7:00 or r=60 ◦ 4 x 100 swim @ 1:45 or r=15 ▪ 1 x 300 pull @ 5:15 or r=45 • 4 x 75 swim @ 1:30 or r=15 ◦ 1 x 200 pull @ 3:30 or r=30 ▪ 4 x 50 swim @ 55 or r=10 • 1 x 100 pull @ 1:45 or r=15 ◦ 4 x 25 swim @ 30 or r=10
EN-1/EN-3	12 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/NOV. 10, 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	500 choice
EN - 1	<u>2 x through:</u> • 4 x 25 fly kick @ 45 or r=10 • 1st 12.5 underwater • 2 x 50 choice kick @ 1:30 or r=15
EN - 2	<u>2 x through:</u> • 4 x 50 pull @ 1:00 or r=15 • breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=15 • IM order • 4 x 75 swim @ 1:45 or r=20 • #1: 50 fly "DPS"/25 back "fast" • #2: 50 back "DPS"/25 breast "fast" • #3: 50 breast "DPS"/25 free "fast" • #4: 50 free "DPS"/25 fly "fast" • extra 60 seconds between rounds
REC	200 choice

Total = 2500

"DPS" = maximum distance per stroke

DAY/DATE: WEDNESDAY/NOV. 11, 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	• 200 swim • 2 x 50 swim @ r=10 • 200 kick • 2 x 50 kick @ r=10
EN-1	12 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	◦ 25 @ 30 or r=5 ◦ 50 @ 50 or r=5 ◦ 75 @ 1:20 or r=10 ◦ 100 @ 1:40 or r=10 ◦ 200 @ 3:20 or r=20 ◦ 300 @ 5:00 or r=30 ◦ 400 @ 6:40 or r=40 ◦ 300 @ 5:00 or r=30 ◦ 200 @ 3:20 or r=20 ◦ 100 @ 1:40 or r=10 ◦ 75 @ 1:20 or r=10 ◦ 50 @ 50 or r=5 • 25 @ 30 or r=5
REC	200: 25 scull with free kick/25 swim

Total = 3000

DAY/DATE: THURSDAY/NOV. 12, 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 swim • 12 x 25 pull @ 30 or r=5
EN-1 TO EN-2	<u>Stroke #1 (choose one stroke):</u> • 4 x 100 @ 2:00 or r=15 • 50 stroke drill/50 free • 4 x 50 kick @ 1:30 or r=10 • stroke #1 • 4 x 25 swim @ 40 or r=10 • stroke #1
EN-1 TO EN-2	<u>Stroke #2 (choose another stroke):</u> • 4 x 100 @ 2:00 or r=15 • 50 stroke drill/50 free • 4 x 50 kick @ 1:30 or r=10 • stroke #2 • 4 x 25 swim @ 40 or r=10 • stroke #2
EN-1	12 x 25 pull @ 30 or r=5
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/NOV. 13, 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 TO EN-1	• 300 swim • 300 pull • 6 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's • 4 x 75 @ r=15 • 50 kick/25 swim DPS
EN-1/EN-3	<u>800 swim:</u> <i>Swim this set without stopping (it is harder than it looks)</i> • 25 easy/25 fast • 50 easy/50 fast • 75 easy/75 fast • 100 easy/100 fast • 75 easy/75 fast • 50 easy/50 fast • 25 easy/25 fast
EN-1/EN-3	12 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	200 choice

Total = 2500