

DAY/DATE: MONDAY/OCTOBER 3, 2016

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 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 2 x 500 pull @ 7:45 or r=15<ul style="list-style-type: none">◦ descend times 1-2• 4 x 250 swim @ 4:15 or r=15-30<ul style="list-style-type: none">◦ descend times 1-4
EN-1 TO EN-2	10 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• 2 x 50 DPS• 2 x 50 build• 2 x 50 DPS• 2 x 50 build• 2 x 50 DPS
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 4, 2016

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	3 x (100 swim, 100 kick)
EN-1	12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none">• 4 x 50 fly• 4 x 50 back• 4 x 50 breast
EN-1 TO EN-2	6 x 75 swim @ 1:45 or r=20 <u>2 x through:</u> <ul style="list-style-type: none">• 50 fly/25 back• 50 back/25 breast• 50 breast/25 free
EN-1	450 pull, breathe: <ul style="list-style-type: none">• 150 every 3rd, 150 every 5th, 150 every 3rd
EN-1 TO EN-2	6 x 50 swim @ 1:05 or r=15 <u>2 x through:</u> <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 5, 2016

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	8 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none">• breathe 5/3 by 50's• negative split each 100
EN-1 TO EN-2	8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none">• negative split
EN-1/EN-2	16 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none">• 25 easy/25 fast
EN-1	400 pull: breathe 3/5/7/3 by 100's
EN-1 TO EN-2	8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none">• descend times 1-4, 5-8
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 6, 2016

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	8 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-1	12 x 25 @ 40 or r=10 • 25 kick/25 drill/25 swim • 3 each stroke, IM order
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 300 swim @ 5:30 or r=30<ul style="list-style-type: none">◦ 100 stroke/200 free• 2 x 150 swim @ 3:00 or r=20<ul style="list-style-type: none">◦ 50 free/50 stroke/50 free◦ 50 stroke/50 free/50 stroke• 3 x 100 @ 2:10 or r=20<ul style="list-style-type: none">◦ 50 stroke kick/50 stroke swim◦ 50 free kick/50 free swim◦ 50 stroke kick/50 stroke swim• 6 x 50 @ 1:10 or r=10<ul style="list-style-type: none">◦ 25 stroke drill/25 stroke swim
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 7, 2016

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	<ul style="list-style-type: none">• 400 swim• 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	<p><u>2 x through:</u></p> <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=10• 2 x 25 drill @ 45 or r=15• 2 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split• 1 x 200 pull 3:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 50's• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4• extra 30 seconds rest
EN-1 TO EN-3	<p>4 x 50 "cat and mouse"</p> <ul style="list-style-type: none">• think of a mountain stage in the Tour de France, 3 riders are way out in front and are on the steepest part of the climb, they have almost stopped riding and are waiting for someone to make a move• ideally there are at least 4 swimmers, one of you is "mouse" the rest of you are "cats"• mouse sets the pace for the 50; swim slow so that everyone can stay in a line!• cats are not allowed to be ahead of mouse (until mouse begins sprinting)• at some point during the 50 mouse sprints for home• when mouse begins sprinting cats sprint too; it's a race for home!
REC	300 choice

Total = 2500

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SJ Black, PhD

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