

DAY/DATE: MONDAY/SEPT. 26, 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	10 x 50 pull @ 55 or r=10 • breathe (3/4/5/6/7) x 2 by 50's
EN-1 TO EN-2	2 x 500 swim @ 8:00 or r=30 • 25 easy ◦ 25 faster (somewhat hard) ▪ 50 easy • 50 faster (somewhat hard) ◦ 75 easy ▪ 75 faster (somewhat hard) • 100 easy ◦ 100 faster (somewhat hard)
EN-1 TO EN-2	4 x 250 swim @ 4:00 or r=20 • 50 easy ◦ 50 faster (somewhat hard) ▪ 50 easy • 50 faster (somewhat hard) ◦ 25 easy ▪ 25 faster (somewhat hard)
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPT. 27, 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	500 choice
EN-1	8 x 50 pull @ 1:05 or r=10 • 25 stroke/25 free
EN-1 TO EN-2	<u>4 x through:</u> <i>1 round each stroke</i> • 4 x 25 swim @ 40 or r=10 • 1 x 100 swim @ 2:15 or r=30
EN-1	<u>4 x through:</u> • 25 scull • 25 glide • 25 pull
EN-1 TO EN-2	<u>4 x through:</u> <i>1 round each stroke</i> • 2 x 25 swim @ 40 or r=10 • 1 x 50 swim @ 1:15 or r=20
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 28, 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 @ 1:00 or r=10 • 25 drill/25 swim
EN-1 TO EN-2	4 x 200 swim @ 3:20 or r=20 • #1: push 4th 50 ◦ #2: push 3rd 50 ▪ #3: push 2nd 50 • #4: push 1st 50
EN-1	8 x 50 @ r=10 • alt. 50 kick, 50 swim
EN-1 TO EN-2	4 x 100 swim @ 1:45 or r=15 • #1: push 4th 25 ◦ #2: push 3rd 25 ▪ #3: push 2nd 25 • #4: push 1st 25
EN-1/EN-3	12 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/SEPT. 29, 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	• 200 swim • 300 kick • 200 pull
EN-1	6 x 50 @ 1:05 or r=15 • 25 drill/25 build
EN-1 TO EN-2	<u>4 x through:</u> <i>Choose one stroke per round</i> • 1 x 75 swim @ 1:45 or r=30 ◦ 2 x 50 swim @ 1:15 or r=20 ▪ 4 x 25 swim @ 45 or r=15
EN-1/EN-2	300 kick: every 3rd length fast!
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPT. 30, 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	• 200 swim • 200 kick • 200 pull
EN-1	<u>3 x through:</u> • 2 x 50 @ 1:00 or r=10 ◦ 25 drill/25 swim • 4 x 25 @ 40 or r=10 ◦ 25 drill/25 swim
EN-1 TO EN-3	• 4 x 75 swim @ 1:40 or r=20-30 ◦ 1st 2 x 75 build ◦ 2nd 2 x 75 fast! • 1 x 200 easy • 4 x 50 swim @ 1:30 or r=50 ◦ all fast! • 1 x 200 easy • 4 x 25 swim @ 1:00 or r=40 ◦ all fast! • 1 x 200 easy
REC	4 x 25 @ r=5 • 25 scull/25 pull

Total = 2500