

DAY/DATE: MONDAY/OCTOBER 1, 2012

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	<b>10 x 50 pull @ 55 or r=10</b> • breathe 3/4/5/6/7 by 50's
EN-1 TO EN-2	<b>2 x 500 swim @ 8:00 or r=30</b> • 25 easy/25 faster/50 easy/50 faster/ 75 easy/75 faster/100 easy/100 faster
EN-1 TO EN-2	<b>4 x 250 swim @ 4:00 or r=20</b> • 50 easy/50 faster/50 easy/50 faster/ 25 easy/25 faster
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/OCTOBER 2, 2012

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 choice
EN-1	<b>8 x 50 pull @ 1:05 or r=10</b> <ul style="list-style-type: none"><li>• 25 stroke/25 free</li></ul>
EN-2	<b>4 x through [1 round each stroke]:</b> <ul style="list-style-type: none"><li>• 4 x 25 swim @ 45 or r=15</li><li>• 1 x 100 swim @ 2:15 or r=30</li></ul>
EN-1	<b>4 x [25 scull/25 glide/25 pull]</b>
EN-2	<b>4 x through [1 round each stroke]:</b> <ul style="list-style-type: none"><li>• 2 x 25 swim @ 45 or r=15</li><li>• 1 x 50 swim @ 1:15 or r=20</li></ul>
REC	200 choice

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/OCTOBER 3, 2012

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

EN-1	200 swim 200 kick 200 pull
EN-1	<b>8 x 50 @ 1:00 or r=10</b> • 25 drill/25 swim
EN-1 TO EN-3	<b>4 x 200 swim @ 3:20 or r=20</b> • #1: push 4 <sup>th</sup> 50 • #2: push 3 <sup>rd</sup> 50 • #3: push 2 <sup>nd</sup> 50 • #4: push 1 <sup>st</sup> 50
EN-1	<b>8 x 50 @ r=10</b> • alt. 50 kick, 50 swim
EN-1 TO EN-3	<b>4 x 100 swim @ 1:45 or r=15</b> • #1: push 4 <sup>th</sup> 25 • #2: push 3 <sup>rd</sup> 25 • #3: push 2 <sup>nd</sup> 25 • #4: push 1 <sup>st</sup> 25
EN-1/SP-1	<b>8 x 25 swim @ 30 or r=10</b> • 25 easy/25 fast
REC	200 choice

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/OCTOBER 4, 2012

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
EN-2	6 x 50 @ 1:05 or r=15 • 25 drill/25 build
EN-2	<b>4 x through [choose one stroke per round]:</b> • 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 TO EN-3	<b>300 kick: every 3<sup>rd</sup> length fast!</b>
REC	200 choice

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/OCTOBER 5, 2012

FOCUS: SPRINT FREE/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	<b>3 x through:</b> <ul style="list-style-type: none"><li>• 2 x 50 [25 drill/25 swim] @ 1:00 or r=10</li><li>• 4 x 25 [25 drill/25 swim] @ 40 or r=10</li></ul>
REC TO SP-1	4 x 75 swim @ 2:00 or r=60 <ul style="list-style-type: none"><li>• all fast!</li></ul> 200 easy 4 x 50 swim @ 1:30 or r=50 <ul style="list-style-type: none"><li>• all fast!</li></ul> 200 easy 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"><li>• all fast!</li></ul> 200 easy
REC	4 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>

**TOTAL: 2500 METERS**