

DAY/DATE: MONDAY/SEPTEMBER 24, 2012

OCUS: 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	<b>600 pull:</b> breathe 3/5/3/5/3/5 by 100's
EN-2	<b>4 x 150 swim @ 2:30 or r=15</b> ▪ descend times 1-4
EN-2	<b>200 kick:</b> moderate effort
EN-2	<b>12 x 50 swim @ 1:00 or r=15</b> ▪ descend times 1-3, 4-6, 7-9, 10-12
EN-1	<b>16 x 25 swim @ 35 or r=10</b> ▪ descend stroke count 1-4, 5-8, 9-12, 13-16

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/SEPTEMBER 25, 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	400 swim
EN-1	<b>10 x 25 drill @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 short axis stroke/25 long axis stroke</li></ul>
EN-2	<b>10 x 50 swim @ 1:10 or r=15</b> <ul style="list-style-type: none"><li>• 50 short axis stroke/50 long axis stroke</li></ul>
EN-1	<b>500 pull: breathe 3/5/3/5 by 100's</b>
EN-2	<b>10 x 25 swim @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 short axis stroke/25 long axis stroke</li></ul>
EN-2	<b>10 x 50 swim @ 1:10 or r=15</b> <ul style="list-style-type: none"><li>• 25 short axis stroke/25 long axis stroke</li></ul>
REC	100 swim

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/SEPT. 26, 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

REC TO EN-1	200 swim, 2 x 50 swim @ r=10 200 kick, 2 x 50 kick @ r=10 200 pull, 2 x 50 pull @ r=10
EN-2	<ul style="list-style-type: none"><li>• 300 free @ 5:00 or r=30<ul style="list-style-type: none"><li>• even split</li></ul></li><li>• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 build/25 DPS</li></ul></li><li>• 300 free @ 5:00 or r=30<ul style="list-style-type: none"><li>• negative split by 2 seconds</li></ul></li><li>• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 build/25 DPS</li></ul></li><li>• 300 free @ 5:00 or r=30<ul style="list-style-type: none"><li>• negative split by 4 seconds</li></ul></li><li>• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 build/25 DPS</li></ul></li><li>• 300 free @ 5:00 or r=30<ul style="list-style-type: none"><li>• negative split by 6 seconds</li></ul></li><li>• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none"><li>• 25 build/25 DPS</li></ul></li></ul>
EN-1/EN-3	300 kick: 25 easy/25 fast
REC	200: 25 scull/25 pull

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/SEPT. 27, 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	200 swim 200 kick 200 pull
EN-1	<b>6 x 50 @ r=10</b> ▪ 25 scull/25 pull
EN-2	<b>4 x 75 kick @ r=15</b> ▪ IM order
EN-2 TO EN-3	<b>Set borrowed from Bill Sweetenham:</b> <ul style="list-style-type: none"> <li>▪ <b>150 swim @ 3:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ 50 back/50 breast/50 free</li> </ul> </li> <li>▪ <b>2 x 50 swim @ 1:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ #1 50 fly, #2 25 fly/25 back</li> </ul> </li> <li>▪ <b>150 swim @ 3:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ 50 back/50 breast/50 free</li> </ul> </li> <li>▪ <b>2 x 50 swim @ 1:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ #1 50 back, #2 25 back/25 breast</li> </ul> </li> <li>▪ <b>150 swim @ 3:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ 50 back/50 breast/50 free</li> </ul> </li> <li>▪ <b>2 x 50 swim @ 1:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ #1 50 breast, #2 25 breast/25 free</li> </ul> </li> <li>▪ <b>150 swim @ 3:10 or r=20</b>  <ul style="list-style-type: none"> <li>▪ 50 back/50 breast/50 free</li> </ul> </li> <li>▪ <b>2 x 50 free @ 1:00 or r=15</b></li> </ul>
REC	300 choice

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/SEPT. 28, 2012

OCUS: 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 2 x 25 swim @ r=10 200 kick 2 x 25 kick @ r=10
EN-1 TO EN-2	<b>8 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
EN-1 TO SP-1	<b>Report stroke counts for 25's</b> <b>12 x 50 swim @ 1:10 or r=25</b> <ul style="list-style-type: none"><li>• evens: 25 max speed/25 DPS</li><li>• odds: 25 DPS/25 max speed</li></ul> <b>200 easy</b> <b>8 x 50 swim @ 1:05 or r=20</b> <ul style="list-style-type: none"><li>• evens: 25 max speed/25 DPS</li><li>• odds: 25 DPS/25 max speed</li></ul> <b>200 easy</b> <b>4 x 50 swim @ 1:00 or r=15</b> <ul style="list-style-type: none"><li>• evens: 25 max speed/25 DPS</li><li>• odds: 25 DPS/25 max speed</li></ul>
REC	100 choice

**TOTAL: 2500 METERS**