

DAY/DATE: MONDAY/SEPTEMBER 17, 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 swim
EN-1	4 x through: <ul style="list-style-type: none">• 2 x 50 pull @ 55 or r=10• 2 x 25 pull @ 30 or r=5
EN-2	@ 20 seconds rest between swims: <ul style="list-style-type: none">• 50• 100• 150• 200• 250• 300• 250• 200• 150• 100• 50
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/SEPTEMBER 18, 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	300 swim
EN-1	12 x 25 @ r=10 ♦ 25 scull with kick/25 drill/25 swim
EN-1	8 x 75 pull @ 1:40 or r=15 ♦ 25 free/25 breast/25 free
EN-2	8 x 75 swim @ 1:45 or r=20 ♦ odd 75's: 25 fly/25 back/25 breast ♦ even 75's: 25 back/25 breast/25 free
EN-2	20 x 25 swim @ 40 or r=10 ♦ 100 IM order
REC	200 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/SEPTEMBER 19, 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	500 choice
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">▪ 200 pull @ 3:30 or r=30<ul style="list-style-type: none">▪ moderate effort▪ 50 drill/50 swim/50 drill @ 2:45 or r=20<ul style="list-style-type: none">▪ moderate effort▪ 100 pull @ 1:45 or r=20<ul style="list-style-type: none">▪ negative split▪ 50 swim @ 1:00 or r=15<ul style="list-style-type: none">▪ negative split
EN-2 TO EN-3	5 x through: <ul style="list-style-type: none">▪ 1 x 50 swim @ 1:00 or r=15▪ 2 x 25 swim @ 40 or r=15<ul style="list-style-type: none">▪ equal to or faster than 50 pace
EN-2	300 kick: every 3rd length fast!
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/SEPTEMBER 20, 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 TO EN-3	8 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none"> • choose 1 stroke for each set of 4 x 50 • best possible average for each set
EN-2	10 x 25 drill @ 50 or r=15 <ul style="list-style-type: none"> • head-up cobra drill with fins or alternative drill
EN-2 TO EN-3	8 x 50 swim @ 1:30 or r=30 <ul style="list-style-type: none"> • choose 1 stroke • keep stroke count consistent • best possible average for 8 x 50
EN-1	400 pull: breathe every 3rd stroke
EN-2	10 x 25 drill @ 50 or r=15 <ul style="list-style-type: none"> • head-up cobra drill with fins or alternative drill
REC	200 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/SEPTEMBER 21, 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 choice 200 swim
EN-1	12 x 25 @ r=15 • 25 kick/25 swim
EN-2/EN-3	10 x 50 swim @ 1:20 or r=30 • 25 build/25 fast
EN-1	200 swim
EN-2/SP-1	10 x 25 swim @ 45 or r=20 • 25 build/25 fast
EN-1	200 swim
EN-2/SP-1	10 x 25 swim @ 45 or r=20 • 25 build/25 fast
REC	200 choice

TOTAL: 2500 METERS