

DAY/DATE: MONDAY/OCTOBER 29, 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	200 swim 200 pull 200 kick
EN-1 TO EN-3	<b>2<sup>nd</sup> repeat faster than 1<sup>st</sup> in each set:</b> <ul style="list-style-type: none"><li>• 2 x 400 @ 7:00 or r=40</li><li>• 2 x 300 @ 5:15 or r=30</li><li>• 2 x 200 @ 3:30 or r=20</li><li>• 2 x 100 @ 1:45 or r=15</li><li>• 2 x 50 @ 1:00 or r=15</li></ul>
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 glide stroke/25 pull</li></ul>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/OCTOBER 30, 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-2	<b>10 x 50 kick @ 1:30 or r=15</b> <ul style="list-style-type: none"><li>• note average for each set of 5 x 50</li><li>• same stroke for 5 x 50</li></ul>
EN-2	<b>10 x 25 @ 45 or r=10</b> <ul style="list-style-type: none"><li>• 25 stroke drill/25 stroke swim</li></ul>
EN-2	<b>10 x 50 @ 1:15 or r=20</b> <ul style="list-style-type: none"><li>• 25 stroke drill/25 stroke swim</li><li>• note times and # strokes per length</li></ul>
EN-1	<b>500 pull: breathe 3/5/3/5/3 by 100's</b>
EN-2	<b>10 x 25 @ 45 or r=10</b> <ul style="list-style-type: none"><li>• 25 stroke drill/25 stroke swim</li></ul>
REC	100 swim

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/OCTOBER 31, 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	200 swim 200 kick 200 pull
EN-1	<b>6 x 50 pull @ 55 or r=10</b> <ul style="list-style-type: none"><li>• breathe 3/5/7 by 50's</li></ul>
EN-1 TO EN-3	<b>3 x through:</b> <ul style="list-style-type: none"><li>• 200 swim [moderate pace] @ 3:30 or r=30</li><li>• 150 swim [faster pace] @ 2:45 or r=30</li><li>• 100 swim [faster pace] @ 1:45 or r=15</li><li>• 50 stroke [moderate pace] @ 1:30 or r=30</li></ul>
EN-1	<b>4 x [25 scull/25 glide stroke/25 pull]</b>
EN-1/SP-1	<b>8 x 25 swim @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/NOVEMBER 1, 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	500 choice
EN-1	<b>8 x 50 pull @ 55</b> <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-2	<b>4 x through [Milt Nelms' Axes Swim]:</b> <ul style="list-style-type: none"><li>• 25 back</li><li>• 25 fly</li><li>• 25 back</li><li>• 25 breast</li><li>• 25 free</li><li>• 25 free</li><li>• 25 free</li></ul>
EN-2	<b>4 x through:</b> <ul style="list-style-type: none"><li>• 1 x 50 swim [200 IM order] @ 1:10</li><li>• 1 x 100 IM @ 2:00</li></ul>
REC	<b>12 x 25 @ r=5</b> <ul style="list-style-type: none"><li>• 25 scull with kick/25 swim</li></ul>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/NOVEMBER 2, 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	300 swim 6 x 50 pull @ r=10
EN-1	12 x 25 @ 40 or r=10 • 25 drill/25 build
EN-3	8 x 50 swim @ 1:15 or r=30 • fastest possible average
EN-1	400 pull: breathe 3/5/3/optional by 100's
SP-1	8 x 25 swim @ 50 or r=30 • fastest possible average
EN-2	400 kick: every 3 <sup>rd</sup> length fast!
REC	8 x 25 scull with freestyle kick @ r=5

**TOTAL: 2500 METERS**