

DAY/DATE: MONDAY/OCTOBER 15, 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 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 500 free @ 8:20 or r=50<ul style="list-style-type: none">○ moderate pace• 2 x 250 free @ 4:10 or r=25<ul style="list-style-type: none">○ faster pace than 500• 4 x 25 @ 45 or r=20<ul style="list-style-type: none">○ faster pace than 250's• 400 free @ 6:40 or r=40<ul style="list-style-type: none">○ moderate pace• 2 x 200 free @ 3:20 or r=20<ul style="list-style-type: none">○ faster pace than 400• 4 x 25 @ 45 or r=20<ul style="list-style-type: none">○ faster pace than 200's• 300 free @ 5:00 or r=30<ul style="list-style-type: none">○ moderate pace• 2 x 150 free @ 2:30 or r=15<ul style="list-style-type: none">○ faster pace than 300• 4 x 25 @ 45 or r=20<ul style="list-style-type: none">○ faster pace than 150's
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCTOBER 16, 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-1	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim• IM order
EN-2	<ul style="list-style-type: none">• 4 x 100 swim @ 2:00 or r=15<ul style="list-style-type: none">○ 75 free/25 stroke• 30 seconds extra rest• 4 x 100 swim @ 2:15 or r=20<ul style="list-style-type: none">○ 50 free/50 stroke• 30 seconds extra rest• 4 x 100 swim @ 2:30 or r=30<ul style="list-style-type: none">○ 25 free/75 stroke
REC	4 x [25 scull/25 glide stroke/25 pull]

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/OCT. 17, 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	400 choice
EN-1 TO EN-3	<p>Swim as one set:</p> <p>1 x 400 pull @ 7:00 or r=60 • breathe 3/5/3/5 by 100's</p> <p>4 x 50 kick @ 1:30 or r=15 • descend times 1-4</p> <p>2 x 200 swim @ 3:30 or r=30 • push 3rd 50 in each 200</p> <p>2 x 100 kick @ 3:00 or r=20 • push 3rd 25 of each 100</p> <p>4 x 100 pull @ 1:45 or r=15 • descend times 1-4</p> <p>1 x 200 kick @ 5:00 or r=30 • push 3rd 50</p> <p>8 x 50 swim @ 55 or r=10 • negative split</p>
SP-1	8 x 25 from center of pool @ 50 • fast turns!
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCTOBER 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 6 x 50 [25 kick/25 swim] @ r=10
EN-2	<ul style="list-style-type: none">• 1 x 200 IM @ 4:00 or r=30• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">○ 25 fly/25 back• 1 x 200 IM @ 4:00 or r=30• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">○ 25 back/25 breast• 1 x 200 IM @ 4:00 or r=30• 4 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">○ 25 breast/25 free
EN-2	24 x 25 swim @ 40 or r=10-15 <ul style="list-style-type: none">• [25 free/25 IM order] x 3
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/OCTOBER 19, 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 TO EN-3	<p>12 x 25 @ 40 or r=10</p> <ul style="list-style-type: none"> • 25 ½ easy/½ fast • 25 ½ fast/½ easy • 25 easy • 25 fast
EN-2 TO EN-3	<p>Effort increases with each set:</p> <ul style="list-style-type: none"> • 2 x 150 swim @ 3:00 or r=45 <ul style="list-style-type: none"> • moderate • 70% effort • 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> • strong • 80% effort • 12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> • strong • 90% effort
EN-2	<p>4 x 50 kick @ 1:30 or r=15</p> <ul style="list-style-type: none"> • negative split
EN-1 TO SP-1	<p>12 x 25 @ 45 or r=15</p> <ul style="list-style-type: none"> • 25 DPS/25 build/25 fast breakout
REC	200 easy

TOTAL: 2500 METERS