

DAY/DATE: MONDAY/OCTOBER 22, 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 TO EN-2	<b>2 x 500 @ 7:45 or r=15</b> #1: pull #2: pull with paddles  <b>4 x 250 @ 4:00 or r=15</b> #1: pull #2: pull with paddles #3: swim #4: swim with paddles
EN-1 TO EN-3	<b>10 x 50 swim @ 60 or r=15</b> <ul style="list-style-type: none"><li>• 2 x 50 DPS</li><li>• 2 x 50 push</li><li>• 2 x 50 DPS</li><li>• 2 x 50 push</li><li>• 2 x 50 DPS</li></ul>
REC	100 choice

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/OCTOBER 23, 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	3 x [100 swim, 100 kick]
EN-1	<b>12 x 50 drill @ 1:10 or r=10</b> <ul style="list-style-type: none"><li>• 4 x 50 25 fly/25 back</li><li>• 4 x 50 25 back/25 breast</li><li>• 4 x 50 25 breast/25 free</li></ul>
EN-2	<b>6 x 75 swim @ 1:45 or r=20</b> <b>2 x through:</b> <ul style="list-style-type: none"><li>• 50 fly/25 back</li><li>• 50 back/25 breast</li><li>• 50 breast/25 free</li></ul>
EN-1	<b>450 pull: breathe 3/5/3/5/3/5/3/5/3 by 50's</b>
EN-2	<b>6 x 50 swim @ 1:05 or r=15</b> <b>2 x through:</b> <ul style="list-style-type: none"><li>• 25 fly/25 back</li><li>• 25 back/25 breast</li><li>• 25 breast/25 free</li></ul>
REC	100 choice

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/OCT. 24, 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 swim
EN-1 TO EN-2	<b>4 x 100 pull @ 1:45 or r=15</b> <ul style="list-style-type: none"><li>• negative split</li></ul>
EN-1 TO EN-3	<b>400 kick: every 3<sup>rd</sup> length fast!</b>
EN-1 TO EN-3	<b>8 x 50 swim @ 60 or r=15</b> <ul style="list-style-type: none"><li>• negative split</li></ul>
EN-1/SP-1	<b>16 x 25 swim @ 40 or r=20</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
EN-1	<b>400 pull: breathe 3/5/7/3 by 100's</b>
EN-1 TO EN-3	<b>8 x 50 swim @ 60 or r=15</b> <ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul>
REC	200 choice

**TOTAL: 3000 METERS**

DAY/DATE: THURSDAY/OCTOBER 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 choice
EN-1	<b>8 x 50 pull @ 1:10 or r=10</b> <ul style="list-style-type: none"><li>• 25 breast/25 free</li></ul>
EN-2	<b>1 x 300 swim @ 5:30 or r=30</b> <ul style="list-style-type: none"><li>• 100 stroke/200 free</li></ul> <b>2 x 150 swim @ 3:00 or r=20</b> <ul style="list-style-type: none"><li>• 50 stroke/50 free/50 stroke</li></ul> <b>3 x 100 @ 2:10 or r=20</b> <ul style="list-style-type: none"><li>• 50 stroke kick/50 stroke</li></ul> <b>6 x 50 @ 1:10 or r=10</b> <ul style="list-style-type: none"><li>• 25 stroke drill/25 stroke</li></ul>
EN-1	<b>12 x 25 @ 45 or r=15</b> <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li><li>• each round 1 stroke</li></ul>
REC	200 choice

**TOTAL: 2500 METERS**

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

DAY/DATE: FRIDAY/OCTOBER 26, 2012

FOCUS: SPRINT FREE/SPEED

REC	400 swim, 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-3	<p><b>2 x through:</b></p> <ul style="list-style-type: none"> <li>• 2 x 25 kick @ 45 or r=10</li> <li>• 2 x 25 drill @ 45 or r=15</li> <li>• 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>• negative split</li> </ul> </li> <li>• 1 x 200 pull 3:30 or r=30 <ul style="list-style-type: none"> <li>• breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> <li>• descend times 1-4</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
VARIED	<p><b>4 x 50 "cat and mouse"</b></p> <ul style="list-style-type: none"> <li>• think of a mountain stage in the Tour de France, 3 riders are way out in front and are on the steepest part of the climb, they have almost stopped riding and are waiting for someone to make a move</li> <li>• ideally there are at least 4 swimmers, one of you is the "mouse" the rest of you are the "cats"</li> <li>• the mouse sets the pace for the 50; swim slow so that everyone can stay in a line</li> <li>• the cats are not allowed to be ahead of the mouse (until the mouse begins sprinting)</li> <li>• at some point during the 50 the mouse sprints for home</li> <li>• when the mouse begins sprinting the cats try to catch it</li> </ul>
REC	300 choice

**TOTAL: 2500 METERS**