

DAY/DATE: MONDAY/OCTOBER 8, 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 |

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| REC | 300 swim |
| EN-1 | 2 x through: <ul style="list-style-type: none">• 25 top scull @ 45 or r=10• 25 middle scull @ 45 or r=10• 25 bottom scull @ 45 or r=15• 25 10-beat free @ 45 or r=15 |
| EN-2 TO EN-3 | <ul style="list-style-type: none">• 2 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">• breathe 3/5/3/5/3/5 by 50's• 4 x 150 swim @ 2:40 or r=20<ul style="list-style-type: none">• descend times 1-4• 8 x 75 @ 1:30 or r=15<ul style="list-style-type: none">• build 3rd 25 of each 75• 12 x 50 swim @ 55 or r=10<ul style="list-style-type: none">• hold 400 meter (or 500 yard) pace |
| REC | 100 swim |

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCTOBER 9, 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 |

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| REC | 500 choice |
| EN-1 | 8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 10-beat free/25 free• 25 right-arm free/25 free• 25 left-arm free/25 free• 25 drill of choice/25 free |
| EN-2 | 16 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 3 kicks, 1 pull breast• 25 cobra breast• 25 3 up, 3-down breast• 25 breast |
| EN-1 | 8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none">• 25 10-beat back/25 back• 25 right-arm back/25 back• 25 left-arm back/25 back• 25 drill of choice/25 back |
| EN-2 | 16 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 25 single-arm fly• 25 4-beat fly• 12.5 fly/12.5 free• 12.5 free/12.5 fly |
| REC | 400 swim: ascend 100's |

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/OCT. 10, 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 |

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| REC | 200 swim |
| EN-1 | 12 x 25 @ 45 or r=15 <ul style="list-style-type: none">• 25 r-arm free• 25 l-arm free• 25 DPS free |
| EN-1 TO EN-3 | 2 x through: <ul style="list-style-type: none">• 400 pull @ 6:30 or r=30<ul style="list-style-type: none">• moderate effort, breathe 3/4/5/3 by 100's• 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">• push 3rd 50 of each 200• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• descend times 1-4 |
| REC | 100 swim |

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCTOBER 11, 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 |

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| REC | 200 swim 6 x 50 [25 drill/25 swim] @ r=10 |
| EN-2 | <p>2 x through:</p> <ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=20 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 • 25 back @ 40 or r=10 • 25 back/25 breast @ 1:10 or r=20 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 • 25 breast @ 40 or r=10 • 25 breast/25 free @ 1:10 or r=20 • 25 breast/25 free/25 fly @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 |
| EN-2 TO EN-3 | <ul style="list-style-type: none"> • 200 kick @ r=30 <ul style="list-style-type: none"> • every 3rd length fast! • 4 x 25 kick @ r=10 <ul style="list-style-type: none"> • fast feet! |
| REC | 200 choice |

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/OCTOBER 12, 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 |

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| REC | 400 swim |
| EN-2 TO EN-3 | 2 x through: <ul style="list-style-type: none">• 200 pull @ 3:30 or r=30<ul style="list-style-type: none">• moderate effort• 2 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none">• 2nd 100 faster than 1st 100• 2 x 50 kick @ 1:30 or r=20<ul style="list-style-type: none">• negative split• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none">• moderate – hard effort |
| EN-1/SP-1 | 16 x 25 @ 40 or r=10-15 <ul style="list-style-type: none">• 25 easy/25 fast |
| REC | 100 swim |

TOTAL: 2500 METERS