

DAY/DATE: MONDAY/NOVEMBER 19, 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 200 kick
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 7:00 or r=60• 4 x 100 swim @ 1:45 or r=15• 1 x 300 pull @ 5:15 or r=45• 4 x 75 swim @ 1:30 or r=15• 1 x 200 pull @ 3:30 or r=30• 4 x 50 swim @ 1:00 or r=15• 1 x 100 pull @ 1:45 or r=15• 4 x 25 swim @ 30 or r=10
EN-1/SP-1	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none">• 25 easy/25 fast
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/NOVEMBER 20, 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	400 choice
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 4 x 25 fly kick @ 45 or r=10<ul style="list-style-type: none">• 1st 12.5 meters/yards underwater• 2 x 50 choice kick @ 1:20 or r=20
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 4 x 50 pull @ 1:00 or r=15<ul style="list-style-type: none">• breathe 3/5 by 25's• 4 x 50 drill @ 1:15 or r=15<ul style="list-style-type: none">• IM order• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">• #1: 50 fly long & strong/25 back fast• #2: 50 back long & strong/25 breast fast• #3: 50 breast long & strong/25 free fast• #4: 50 free long & strong/25 fly fast• extra 30 seconds between rounds
REC	300 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/NOV. 21, 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	8 x 25 [25 scull/25 pull] @ r=5
EN-1	8 x 50 @ 1:10 or r=15 • 25 drill/25 DPS
EN-1 TO EN-3	8 x 75 swim @ 1:30 or r=20 • descend times 1-4, 5-8
EN-1	4 x 150 pull @ 2:45 or r=30 • negative split
EN-1	8 x 50 swim @ 1:00 or r=15 • 25 DPS/25 build tempo
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/NOVEMBER 22, 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 or drill
EN-1	6 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-1	300 freestyle: no breathing flags to wall
EN-1 TO EN-2	12 x 50 @ 1:15 or r=15 4 x through: • 25 scull with free kick/25 stroke • 50 stroke • 50 free
EN-2	300 kick: every 3rd length fast!
EN-2	12 x 25 @ 45 or r=15 4 x through: • 25 drill • 25 stroke • 25 free
REC	300 swim or pull

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/NOVEMBER 23, 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 100 kick 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 2 x 50 kick @ 1:30 or r=20• 2 x 50 kick @ 1:20 or r=15• 2 x 50 kick @ 1:15 or r=10• 2 x 50 kick @ 1:05 or r=5
EN-1	8 x 25 [25 scull with free kick/25 swim] @ r=5
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 1 x 150 free @ 3:00 or r=30<ul style="list-style-type: none">• moderate effort• 2 x 75 stroke @ 1:45 or r=30<ul style="list-style-type: none">• 50 long & strong/25 fast• 3 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">• moderate effort• 6 x 25 stroke @ 45 or r=15<ul style="list-style-type: none">• 25 build/25 fast• extra 30 seconds between rounds
REC	200: 25 scull/25 pull

TOTAL: 2500 METERS