

DAY/DATE: MONDAY/NOVEMBER 26, 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	300 swim 4 x 75 @ r=10 • 25 scull with free kick/25 drill/25 swim 6 x 50 kick @ r=10
EN-1	8 x 50 pull @ 55 or r=10 • fast tempo • breathe 3/5 by 25's
EN-1 TO EN-2	2 x through: • 300 swim @ 5:15 or r=45 • negative split • 200 swim @ 3:30 or r=30 • negative split • 100 swim @ 1:45 or r=15 • build
EN-1 TO EN-2	12 x 25 swim @ 40 or r=15 • build each 25 to "quicker-than-normal" tempo
REC	200: 25 glide stroke/25 pull

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/NOVEMBER 27, 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	12 x 50 @ 1:10 or r=15 • 25 drill/25 swim
EN-1 TO EN-2	3 x through [choose one stroke each round]: • 200 swim @ 4:20 or r=30 • 50 kick/50 swim/50 kick/50 swim • 8 x 25 swim @ 45 or r=15 • descend times 1-4, 5-8
REC	4 x 25 @ r=10 • 25 scull/25 pull

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/NOVEMBER 28, 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 100 kick 200 pull
EN-1	4 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-3	2 x through: • 4 x 150 @ 2:45 or r=30 • descend times 1-4 • 4 x 50 @ 1:00 or r=15 • hold same pace as last 150 • 4 x 25 @ 30 or r=10 • all fast! • 1 x 100 @ 3:00 • easy
REC	200 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/NOVEMBER 29, 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 swim
EN-1	12 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• odd 50's: 25 10-beat free/25 free• even 50's: 25 free/25 10-beat free
EN-1	16 x 25 drill @ 45 or r=15 <ul style="list-style-type: none">• 200 IM order
EN-2	12 x 50 swim @ 1:10 or r=20 4 x through: <ul style="list-style-type: none">• 25 fly/25 back• 25 back/25 breast• 25 breast/25 free
EN-1 TO EN-2	400 IM kick: negative split each 100
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/NOVEMBER 30, 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 200 kick: 1M 100 drill: 1M
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-3	8 x 75 swim @ 1:45 or r=30 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	100 swim
EN-1 TO EN-3	8 x 50 swim @ 1:20 or r=30 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	100 swim
EN-1 TO EN-3	8 x 25 swim @ 45 or r=15 • choose 1 or 2 strokes • descend times 1-4, 5-8
REC	100 choice

TOTAL: 2500 METERS