

DAY/DATE: MONDAY/SEPTEMBER 16, 2013

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 choice
EN-1	8 x 25 scull with free kick @ r=5
EN-1 TO EN-2	3 x through: <ul style="list-style-type: none">♦ 400 pull @ 6:30 or r=30<ul style="list-style-type: none">♦ breathe 3/5/3/5 by 100's♦ 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">♦ descend times 1-4♦ extra 30 seconds rest
REC	100 choice

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/SEPTEMBER 17, 2013

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
EN-1	8 x 50 pull @ 55 or r=10 ♦ breathe 3/5 by 25's
EN-1 TO EN-2	8 x 50 kick @ r=10 ♦ 25 easy/25 fast
EN-2	5 x 75 swim @ 1:40 or r=20 ♦ 25 fly/25 free/25 fly ♦ easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 ♦ 25 back/25 free/25 back ♦ easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 ♦ 25 breast/25 free/25 breast ♦ easy 25 at end of set
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/SEPTEMBER 18, 2013

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	<ul style="list-style-type: none">♦ 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">♦ breathe 3/5/3/5 by 100's♦ 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">♦ 25 easy/25 fast♦ 2 x 200 swim @ 3:30 or r=20<ul style="list-style-type: none">♦ negative split♦ 2 x 100 @ 2:00 or r=20<ul style="list-style-type: none">♦ 25 drill/25 swim♦ 4 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">♦ breathe 3/5 by 50's♦ 1 x 200 @ 4:00 or r=20<ul style="list-style-type: none">♦ 25 drill/25 swim♦ 8 x 50 swim @ 55 or r=10<ul style="list-style-type: none">♦ [2 x 50 DPS/2 x 50 build] x 2
EN-2 TO EN-3	<p>8 x 25 free [from center of pool] @ 45 or r=15</p> <ul style="list-style-type: none">♦ flip turns practice!
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/SEPTEMBER 19, 2013

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	500 choice
EN-1	400 pull: negative split
EN-1 TO EN-2	8 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">◆ negative split◆ choice of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-1 TO EN-2	6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none">◆ negative split◆ choice of strokes
EN-1	200 pull: breathe 3/5/3/5 by 50's
EN-1 TO EN-2	4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">◆ negative split◆ choice of strokes
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/SEPTEMBER 20, 2013

FOCUS: SPRINT -BASED

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-2	12 x 25 swim @ 45 or r=15 ♦ 25 DPS/25 build/25 fast breakout, easy to wall
EN-2 TO EN-3	Tempo/effort increases with each set; extra 60 seconds rest between sets: ♦ 2 x 150 swim @ 3:00 or r=30 ♦ 4 x 75 swim @ 1:30 or r=15 ♦ 12 x 25 swim @ 40 or r=15
EN-1 TO EN-3	200 kick: every 3rd length fast!
EN-1	12 x 25 [25 scull/25 glide/25 pull] @ r=5
REC	200 choice

TOTAL: 2500 METERS