

DAY/DATE: MONDAY/SEPTEMBER 23, 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	<b>400 swim</b>
EN-1	<b>4 x through:</b> <ul style="list-style-type: none"><li>• 2 x 50 pull @ 55 or r=10</li><li>• 2 x 25 pull @ 30 or r=5</li></ul>
EN-1 TO EN-2	<b>@ 20 seconds rest between swims:</b> <ul style="list-style-type: none"><li>• 50</li><li>• 100</li><li>• 150</li><li>• 200</li><li>• 250</li><li>• 300</li><li>• 250</li><li>• 200</li><li>• 150</li><li>• 100</li><li>• 50</li></ul>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**

DAY/DATE: TUESDAY/SEPTEMBER 24, 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	<b>300 swim</b>
EN-1	<b>12 x 25 @ r=10</b> <ul style="list-style-type: none"><li>♦ 25 scull with kick/25 drill/25 swim</li><li>♦ 1 round each stroke, rev. IM order</li></ul>
EN-1	<b>8 x 75 pull @ 1:40 or r=15</b> <ul style="list-style-type: none"><li>♦ 25 free/25 breast/25 free</li></ul>
EN-2	<b>8 x 75 swim @ 1:45 or r=20</b> <ul style="list-style-type: none"><li>♦ odd 75's: 25 fly/25 back/25 breast</li><li>♦ even 75's: 25 back/25 breast/25 free</li></ul>
EN-2	<b>20 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>♦ 100 IM order</li></ul>
REC	<b>200 swim</b>

**TOTAL: 2500 METERS**

DAY/DATE: WEDNESDAY/SEPT 25, 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	<b>500 choice</b>
EN-1 TO EN-2	<b>3 x through:</b> <ul style="list-style-type: none"><li>▪ 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>▪ moderate effort</li></ul></li><li>▪ 1 x 150 (50 drill/50 swim/50 drill) @ 2:45 or r=20<ul style="list-style-type: none"><li>▪ moderate effort</li></ul></li><li>▪ 1 x 100 pull @ 1:45 or r=20<ul style="list-style-type: none"><li>▪ negative split</li></ul></li><li>▪ 1 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>▪ negative split</li></ul></li></ul>
EN-2	<b>5 x through:</b> <ul style="list-style-type: none"><li>▪ 1 x 50 swim @ 1:00 or r=15</li><li>▪ 2 x 25 swim @ 40 or r=15<ul style="list-style-type: none"><li>▪ faster than 50 pace</li></ul></li></ul>
EN-1 TO EN-3	<b>300 kick: every 3<sup>rd</sup> length fast!</b>
REC	<b>200 choice</b>

**TOTAL: 3000 METERS**



DAY/DATE: THURSDAY/SEPT 26, 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	<b>200 swim</b> <b>200 kick</b> <b>200 pull</b>
EN-1	<b>10 x 25 drill @ 50 or r=15</b> <ul style="list-style-type: none"><li>• head-up cobra drill with fins or alternative drill</li></ul>
EN-2 TO EN-3	<b>8 x 50 kick @ 1:30 or r=20</b> <ul style="list-style-type: none"><li>• choose 1 stroke for each set of 4 x 50</li><li>• best possible average for each set of 4</li></ul>
EN-2 TO EN-3	<b>8 x 50 swim @ 1:30 or r=30</b> <ul style="list-style-type: none"><li>• choose 1 stroke</li><li>• keep stroke count consistent</li><li>• best possible average for 8 x 50</li></ul>
EN-1	<b>400 pull: breathe every 3<sup>rd</sup> stroke</b>
EN-1	<b>10 x 25 drill @ 40 or r=10</b> <ul style="list-style-type: none"><li>• cobra drill with fins or alternative drill</li></ul>
REC	<b>200 swim</b>

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/SEPT. 27, 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	<b>200 swim</b> <b>200 choice</b> <b>200 swim</b>
EN-1	<b>12 x 25 @ r=15</b> • 25 kick/25 swim
EN-2 TO EN-3	<b>10 x 50 swim @ 1:20 or r=30</b> • 25 build/25 fast
EN-1	<b>200 swim</b>
EN-2 TO EN-3	<b>10 x 25 swim @ 30 or r=10</b> • 25 build/25 fast
EN-1	<b>200 swim</b>
EN-2 TO EN-3	<b>10 x 25 swim @ 40 or r=20</b> • 25 build/25 fast
REC	<b>200 choice</b>

**TOTAL: 2500 METERS**