

DAY/DATE: MONDAY/SEPTEMBER 9, 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 | 400 choice |
|--------------|---|
| EN-1 TO EN-2 | <ul style="list-style-type: none">• 3 x 300 swim or pull @ 5:00 or r=30<ul style="list-style-type: none">• descend times 1-3• 3 x 200 swim or pull @ 3:15 or r=15<ul style="list-style-type: none">• descend times 1-3• 3 x 150 swim or pull @ 2:30 or r=15<ul style="list-style-type: none">• descend times 1-3• 3 x 100 swim or pull @ 1:45 or r=15<ul style="list-style-type: none">• descend times 1-3• 3 x 50 swim or pull @ 55 or r=10<ul style="list-style-type: none">• descend times 1-3 |
| REC | 200 choice |

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/SEPTEMBER 10, 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 | 6 x 50 @ r=15 • 25 kick/25 drill |
| EN-1 | 300 pull: breathe 3/5/3 by 100's |
| EN-2 | 6 x 250 swim @ 5:00 or r=30 • 25 fly/50 back/75 breast/100 free |
| REC | 100 swim |

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/SEPTEMBER 11, 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 | 200 swim/200 kick/200 pull |
| EN-1 | 8 x 25 [25 scull/25 pull] @ r=5 |
| EN-1 TO EN-3 | <ul style="list-style-type: none">• 8 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none">• odd 100's: moderate effort• even 100's: descend times 2-4-6-8• 8 x 75 swim @ 1:20 or r=15<ul style="list-style-type: none">• odd 75's: moderate effort• even 75's: descend times 2-4-6-8• 8 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• odd 50's: moderate effort• even 50's: descend times 2-4-6-8• 8 x 25 swim @ 30 or r=5-10<ul style="list-style-type: none">• odd 25's moderate effort• even 25's: descend times 2-4-6-8 |
| REC | 200 choice |

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/SEPTEMBER 12, 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 | 200 swim 100 kick 200 pull |
| EN-1 | 8 x 25 [25 scull/25 pull] @ r=5 |
| EN-1 TO EN-2 | 3 x through: <ul style="list-style-type: none">• 4 x 25 kick @ 45 or r=15<ul style="list-style-type: none">• round 1=fly• round 2=back• round 3=breast• 4 x 50 @ 1:10 or r=15<ul style="list-style-type: none">• 25 drill/25 swim• round 1=fly• round 2=back• round 3=breast• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">• breathe every 3rd stroke |

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/SEPTEMBER 13, 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 | 500 choice |
| EN-1 | 10 x 25 [25 kick/25 build] @ r=10 |
| EN-1 TO SP-1 | <ul style="list-style-type: none">• 5 x 50 swim @ 50 or r=5<ul style="list-style-type: none">• swim hard enough to make interval• 1 x 50 swim [fast!] @ 50 or r=10• 4 x 50 swim @ 55 or r=5<ul style="list-style-type: none">• swim hard enough to make interval• 2 x 50 swim [fast!] @ 55 or r=15• 3 x 50 swim @ 60 or r=5-10<ul style="list-style-type: none">• swim hard enough to make interval• 3 x 50 swim [fast!] @ 60 or r=15-20• 2 x 50 swim @ 1:05 or r=10<ul style="list-style-type: none">• swim hard enough to make interval• 4 x 50 swim [fast!] @ 1:05 or r=20-25• 1 x 50 swim @ 1:10 or r=10<ul style="list-style-type: none">• swim hard enough to make interval• 5 x 50 swim [fast!] @ 1:10 or r=25-30 |
| REC | 10 x 25 [25 scull with free kick/25 swim] @ r=5 |

TOTAL: 2500 METERS