

DAY/DATE: MONDAY/SEPT. 21, 2015

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"><li>• 2 x 500 @ 7:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-2</li><li>◦ #1: pull</li><li>◦ #2: pull with paddles</li></ul></li><li>• 4 x 250 @ 4:00 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-2, 3-4</li><li>◦ #1: pull</li><li>◦ #2: pull with paddles</li><li>◦ #3: swim</li><li>◦ #4: swim with paddles</li></ul></li></ul>
EN-1 TO EN-2	<p>10 x 50 swim @ 60 or r=15</p> <ul style="list-style-type: none"><li>• 2 x 50 DPS</li><li>• 2 x 50 push the pace</li><li>• 2 x 50 DPS</li><li>• 2 x 50 push the pace</li><li>• 2 x 50 DPS</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPT. 22, 2015

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	3 x (100 swim, 100 kick)
EN-1	12 x 50 drill @ 1:10 or r=10 <ul style="list-style-type: none"> <li>• 4 x 50 25 fly/25 back</li> <li>• 4 x 50 25 back/25 breast</li> <li>• 4 x 50 25 breast/25 free</li> </ul>
EN-2	6 x 75 swim @ 1:45 or r=20 <u>2 x through:</u> <ul style="list-style-type: none"> <li>• 50 fly/25 back</li> <li>• 50 back/25 breast</li> <li>• 50 breast/25 free</li> </ul>
EN-1	450 pull: breathe 3/5/3/5/3/5/3/5/3 by 50's
EN-2	6 x 50 swim @ 1:05 or r=15 <u>2 x through:</u> <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 back/25 breast</li> <li>• 25 breast/25 free</li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 23, 2015

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 swim
EN-1/EN-2	4 x 100 pull @ 1:45 or r=15 • negative split
EN-1/EN-3	400 kick: every 3rd length fast!
EN-1/EN-2	8 x 50 swim @ 60 or r=15 • negative split
EN-1/EN-3	16 x 25 swim @ 40 or r=20 • 25 easy/25 fast
EN-1	400 pull: breathe 3/5/7/3 by 100's
EN-1 TO EN-2	8 x 50 swim @ 60 or r=15 • descend times 1-4, 5-8
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPT. 24, 2015

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	400 choice
EN-1	8 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:30 or r=30               <ul style="list-style-type: none"> <li>◦ 100 stroke/200 free</li> </ul> </li> <li>• 2 x 150 swim @ 3:00 or r=20               <ul style="list-style-type: none"> <li>◦ 50 stroke/50 free/50 stroke</li> </ul> </li> <li>• 3 x 100 @ 2:10 or r=20               <ul style="list-style-type: none"> <li>◦ 50 stroke kick/50 stroke swim</li> </ul> </li> <li>• 6 x 50 @ 1:10 or r=10               <ul style="list-style-type: none"> <li>◦ 25 stroke drill/25 stroke swim</li> </ul> </li> </ul>
EN-1	12 x 25 @ 45 or r=15 • 25 kick/25 drill/25 swim • each round 1 stroke
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/SEPT. 25, 2015

FOCUS: 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	400 swim, 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-3	<p><u>2 x through:</u></p> <ul style="list-style-type: none"> <li>• 2 x 25 kick @ 45 or r=10</li> <li>• 2 x 25 drill @ 45 or r=15</li> <li>• 2 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 200 pull 3:30 or r=30               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 4 x 75 swim @ 1:30 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
EN-1 TO SP-1	<p><b>4 x 50 "cat and mouse"</b></p> <ul style="list-style-type: none"> <li>• think of a mountain stage in the Tour de France, 3 riders are way out in front and are on the steepest part of the climb, they have almost stopped riding and are waiting for someone to make a move</li> <li>• ideally there are at least 4 swimmers, one of you is "mouse" the rest of you are "cats"</li> <li>• mouse sets the pace for the 50; swim slow so that everyone can stay in a line</li> <li>• cats are not allowed to be ahead of mouse (until mouse begins sprinting)</li> <li>• at some point during the 50 mouse sprints for home</li> <li>• when mouse begins sprinting cats try to catch it!</li> </ul>
REC	300 choice

Total = 2500