

DAY/DATE: MONDAY/SEPT. 28, 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	<ul style="list-style-type: none">• 200 swim• 200 pull• 200 kick
EN-1 TO EN-2	<p><u>2nd repeat faster than 1st in each set:</u></p> <ul style="list-style-type: none">• 2 x 400 @ 7:00 or r=40<ul style="list-style-type: none">◦ 2 x 300 @ 5:15 or r=30<ul style="list-style-type: none">▪ 2 x 200 @ 3:30 or r=20<ul style="list-style-type: none">• 2 x 100 @ 1:45 or r=15<ul style="list-style-type: none">▪ 2 x 50 @ 1:00 or r=15
EN-1 TO REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull/25 glide stroke/25 pull

Total = 3000

DAY/DATE: TUESDAY/SEPT. 29, 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	500 choice
EN-1	8 x 50 pull @ 55 • breathe 3/5 by 25's
EN-1 TO EN-2	<u>4 x through (Milt Nelms' Axes Swim):</u> <ul style="list-style-type: none">• 25 back<ul style="list-style-type: none">◦ 25 fly<ul style="list-style-type: none">▪ 25 back<ul style="list-style-type: none">• 25 breast<ul style="list-style-type: none">▪ 25 free▪ 25 free▪ 25 free
EN-1 TO EN-2	<u>4 x through:</u> <ul style="list-style-type: none">• 1 x 50 swim (200 IM order) @ 1:10• 1 x 100 IM @ 2:00
REC	12 x 25 @ r=5 • 25 scull with kick/25 swim

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 30, 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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5/3/5/3/5 by 50's
EN-1 TO EN-2	<u>3 x through:</u> <ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 1 x 150 swim @ 2:45 or r=30 <ul style="list-style-type: none"> ◦ faster pace • 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ faster pace • 1 x 50 "stroke" @ 1:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace
EN-1 TO REC	4 x (25 scull/25 glide stroke/25 pull)
EN-1/EN-3	8 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/OCT. 1, 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 swim
EN-1 TO EN-2	10 x 50 kick @ 1:30 or r=15 • choose one stroke for each set of 5 x 50
EN-1 TO EN-2	10 x 25 @ 45 or r=10 • 25 stroke drill/25 stroke swim
EN-1 TO EN-2	10 x 50 @ 1:15 or r=20 • 25 stroke drill/25 stroke swim • count # strokes per length ◦ stroke count goals: ▪ back/free = less than 20 (count each arm) ▪ breast/fly = less than 12
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1 TO EN-2	10 x 25 @ 45 or r=10 • 25 stroke drill/25 stroke swim
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/OCT. 2, 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	<ul style="list-style-type: none">• 300 swim• 6 x 50 pull @ r=10
EN-1	12 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-3	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none">• fastest possible average• or descend times 1-4, 5-8 (keep range of seconds to 6 or less)
REC	400 pull: breathe 3/5/3/optional by 100's
EN-3	8 x 25 swim @ 50 or r=30 <ul style="list-style-type: none">• fastest possible average
EN-1/EN-3	400 kick: every 3rd length fast!
REC	8 x 25 scull with freestyle kick @ r=5

Total = 2500