

DAY/DATE: MONDAY/OCT. 5, 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	200 swim 200 kick 200 pull
EN-1 TO EN-2	<p>Swim or pull this set. Build your pace on the way up; maintain your pace, or continue to build, on the way down:</p> <ul style="list-style-type: none">• 100 @ 1:40 or r=10<ul style="list-style-type: none">◦ 200 @ 3:20 or r=20<ul style="list-style-type: none">▪ 400 @ 6:40 or r=40<ul style="list-style-type: none">• 800 @ 13:20 or r=100▪ 400 @ 6:40 or r=40◦ 200 @ 3:20 or r=20• 100 @ 1:40 or r=10
REC	8 x 25 (25 scull with kick/25 swim) @ r=5

Total = 3000

DAY/DATE: TUESDAY/OCT. 6, 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 TO EN-1	<ul style="list-style-type: none"> • 200 swim • 8 x 25 kick @ r=5 <ul style="list-style-type: none"> ◦ 2 each stroke • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 each stroke
EN-1	12 x 25 @ 45 <ul style="list-style-type: none"> • 2 x 25 drill/1 x 25 swim • IM order
EN-1 TO EN-2	<ul style="list-style-type: none"> • 1 x 200 pull @ 4:00 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 1 x 300 back@ 6:30 <ul style="list-style-type: none"> ◦ 3 x (50 kick/50 swim) • 1 x 200 pull @ 4:00 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 2 x 150 breast @ 3:30 <ul style="list-style-type: none"> ◦ 50 drill/50 swim/50 drill • 1 x 200 pull @ 4:00 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 12 x 25 fly @ 45 <ul style="list-style-type: none"> ◦ 25 drill/25 swim
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/OCT. 7, 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 choice
EN-1	12 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 300 swim @ 5:15 or r=30<ul style="list-style-type: none">◦ descend times 1-3<ul style="list-style-type: none">▪ 3 x 200 swim @ 3:30 or r=20<ul style="list-style-type: none">• descend times 1-3<ul style="list-style-type: none">◦ 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">▪ descend times 1-3
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/OCT. 8, 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	200 swim 200 kick 200 pull
EN-1	8 x 25 drill @ r=10 • 2 of each stroke
EN-1 TO EN-2	<u>3 x through (one stroke per round):</u> • 1 x 75 kick @ 1:45 or r=15 • 1 x (50 kick/25 swim) @ 1:45 or r=15 • 1 x (25 kick/50 swim) @ 1:45 or r=15 • 1 x 75 swim @ 1:45 or r=20
EN-1	6 x 50 pull @ 1:10 or r=15 • 25 breast/25 free
EN-2	12 x 25 swim @ 45 or r=15 • 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/OCT. 9, 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	500 swim
EN-1	4 x 75 @ 1:45 or r=15 • 25 kick/25 drill/25 swim
REC TO SP-1	<ul style="list-style-type: none"> • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ 70% effort <ul style="list-style-type: none"> ▪ 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> • 90% effort <ul style="list-style-type: none"> ◦ 1 x 200 swim @ 4:00 or r=45 <ul style="list-style-type: none"> ▪ 70% effort <ul style="list-style-type: none"> • 4 x 25 swim @ 35 or r=10 <ul style="list-style-type: none"> ◦ 90% effort <ul style="list-style-type: none"> ▪ 1 x 400 pull @ 7:30 or r=60 <ul style="list-style-type: none"> • 70% effort • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ 90% effort ◦ 1 x 200 swim @ 4:00 or r=45 <ul style="list-style-type: none"> ▪ 70% effort ▪ 4 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> • 90% effort • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ 70% effort
REC	4 x (25 scull/25 glide stroke/25 pull)

Total = 2500