

DAY/DATE: MONDAY/NOV. 30, 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"><li>• 300 swim</li><li>• 4 x 75 @ r=10<ul style="list-style-type: none"><li>◦ 25 scull w/ free kick/25 drill/25 swim</li></ul></li><li>• 6 x 50 pull @ r=10<ul style="list-style-type: none"><li>◦ breathe 3/5 by 25's</li></ul></li></ul>
EN-1 TO EN-2	<p><u>2 x through:</u></p> <ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:15 or r=45<ul style="list-style-type: none"><li>◦ negative split</li></ul></li><li>• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 150 faster than 1<sup>st</sup> 150</li></ul></li><li>• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• extra 30 seconds rest</li></ul>
EN-1 TO EN-2	<p>12 x 25 swim @ 30 or r=5</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"><li>• DPS (maximum distance per stroke)</li><li>• DPS-1 (DPS less 1 stroke)</li><li>• DPS-2 (DPS less 2 strokes)</li></ul>

Total = 3000

DAY/DATE: TUESDAY/DEC. 1, 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	400 swim
EN-1	12 x 50 @ r=10 <u>Alternate:</u> <ul style="list-style-type: none"><li>• 50 kick</li><li>• 50 swim</li></ul>
EN-1	16 x 25 drill @ 40 or r=10 <ul style="list-style-type: none"><li>• 400 IM order</li></ul>
EN-1 TO EN-2	12 x 50 swim @ 1:05 or r=15 <u>4 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>
EN-1 TO EN-2	400 IM kick: negative split each 100
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/DEC. 2, 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"><li>• 200 swim</li><li>• 100 kick</li><li>• 200 pull</li></ul>
EN-1	4 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"><li>• breathe 3/5/3 by 25's</li></ul>
EN-1 TO EN-3	<u>2 x through:</u> <ul style="list-style-type: none"><li>• 4 x 150 @ 2:45 or r=30<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 4 x 50 @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ hold same pace as last 150</li></ul></li><li>• 4 x 25 @ 30 or r=10<ul style="list-style-type: none"><li>◦ all fast!</li></ul></li><li>• 1 x 100 @ 3:00<ul style="list-style-type: none"><li>◦ easy</li></ul></li></ul>
REC	200 swim

Total = 3000

DAY/DATE: THURSDAY/DEC. 3, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	10 x 50 @ 1:05 or r=10 <ul style="list-style-type: none"><li>• maximum 5 freestyle</li><li>• 25 drill/25 swim</li></ul>
EN-1 TO EN-2	<u>3 x through (choose one stroke each round):</u> <ul style="list-style-type: none"><li>• 1 x 200 swim @ 4:30 or r=20<ul style="list-style-type: none"><li>◦ 50 kick/50 swim/50 kick/50 swim</li></ul></li><li>• 8 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4, 5-8</li></ul></li></ul>
REC	8 x 25 @ r=10 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>

Total = 2500

DAY/DATE: FRIDAY/DEC. 4, 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"> <li>• 300 swim</li> <li>• 200 kick: IM</li> <li>• 100 drill: IM</li> </ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5 by 25's</li> </ul>
EN-1 TO EN-3	8 x 75 swim @ 1:40 or r=20-30 <ul style="list-style-type: none"> <li>• choose 1 or 2 strokes</li> <li>• descend times 1-4, 5-8</li> </ul>
EN-1 TO EN-3	8 x 50 swim @ 1:15 or r=20-30 <ul style="list-style-type: none"> <li>• choose 1 or 2 strokes</li> <li>• descend times 1-4, 5-8</li> </ul>
EN-1 TO EN-3	8 x 25 swim @ 45 or r=10-20 <ul style="list-style-type: none"> <li>• choose 1 or 2 strokes</li> <li>• descend times 1-4, 5-8</li> </ul>
REC	300 choice

Total = 2500