

DAY/DATE: MONDAY/AUGUST 29, 2016

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	300 choice
EN-1	8 x 25 scull with free kick @ r=5
EN-1 TO EN-2	<u>3 x through:</u> <ul style="list-style-type: none">• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's◦ descend times 1-3 (over 3 rounds)• 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ descend times 1-4• extra 30 seconds rest
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 30, 2016

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	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-1	8 x 50 kick @ r=10 <ul style="list-style-type: none"> • 25 easy/25 fast • 2 each stroke, IM order
EN-2	5 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> • 25 fly/25 free/25 fly • descend times 1-5 • easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> • 25 back/25 free/25 back • descend times 1-5 • easy 25 at end of set
EN-2	5 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> • 25 breast/25 free/25 breast • descend times 1-5 • easy 25 at end of set
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 31, 2016

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 TO EN-2	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast • 2 x 200 swim @ 3:30 or r=20 <ul style="list-style-type: none"> ◦ negative split • 2 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 1 x 200 kick @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 25 easy/25 fast • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ <u>2 x thru:</u> <ul style="list-style-type: none"> ▪ 2 x 50 DPS ▪ 2 x 50 build
SP-1	8 x 25 free (from center of pool) @ 45 or r=15-20 <ul style="list-style-type: none"> • flip turns practice!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPT. 1, 2016

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	500 choice
EN-1	400 pull: <ul style="list-style-type: none">• breathe every 3rd stroke• negative split
EN-1/EN-2	4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none">• negative split• choice of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-1/EN-2	6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none">• negative split• choice of strokes
EN-1	200 pull: breathe 3/5/3/5 by 50's
EN-1/EN-2	8 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none">• negative split• choice of strokes
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/SEPT. 2, 2016

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">• 200 swim• 200 IM kick• 200 pull• 200 IM drill• 8 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• <u>4 x thru:</u><ul style="list-style-type: none">○ 25 DPS○ 25 build○ 25 fast breakout, easy to wall
EN-2 TO EN-3	<u>Tempo gets faster, effort increases with each set:</u> <ul style="list-style-type: none">• 2 x 150 swim @ 3:15 or r=45<ul style="list-style-type: none">○ 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">▪ 12 x 25 swim @ 40 or r=15
EN-1 TO REC	8 x 25 (25 scull/25 pull) @ r=5
REC	100 choice

Total = 2500