

DAY/DATE: MONDAY/OCTOBER 10, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 pull</li><li>• 200 kick</li></ul>
EN-1 TO EN-2	<p><u>2<sup>nd</sup> repeat faster than 1<sup>st</sup> in each set:</u></p> <ul style="list-style-type: none"><li>• 2 x 400 @ 6:40 or r=40</li><li>• 2 x 300 @ 5:00 or r=30</li><li>• 2 x 200 @ 3:20 or r=20</li><li>• 2 x 100 @ 1:45 or r=15</li><li>• 2 x 50 @ 55 or r=10</li></ul>
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"><li>• 25 scull/25 glide stroke/25 pull</li></ul>

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 11, 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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	<p>8 x 50 pull @ 55</p> <ul style="list-style-type: none"> <li>• breathe 3/5 by 25's</li> </ul>
EN-1 TO EN-2	<p><u>4 x through (Milt Nelms' Axes Swim):</u></p> <ul style="list-style-type: none"> <li>• 25 back</li> <li>• 25 fly</li> <li>• 25 back</li> <li>• 25 breast</li> <li>• 25 free</li> <li>• 25 free</li> <li>• 25 free</li> </ul>
EN-2	<p><u>4 x through:</u></p> <ul style="list-style-type: none"> <li>• 1 x 50 swim @ 1:00 or r=10               <ul style="list-style-type: none"> <li>◦ 1 each stroke, IM order</li> </ul> </li> <li>• 1 x 100 IM @ 2:00 or r=30</li> </ul>
REC	<p>8 x 25 @ r=5</p> <ul style="list-style-type: none"> <li>• 25 scull with kick/25 swim</li> </ul>

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 12, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5/7 by 50's</li></ul>
EN-1 TO EN-3	<u>3 x through:</u> <ul style="list-style-type: none"><li>• 1 x 200 swim (moderate pace) @ 3:30 or r=30</li><li>• 1 x 150 swim (faster pace) @ 2:30 or r=15</li><li>• 1 x 100 swim (faster pace) @ 1:40 or r=10</li><li>• 1 x 50 swim (fastest pace) @ 1:30 or r=45</li></ul>
REC	4 x (25 scull/25 glide stroke/25 pull)
EN-1/EN-3	8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 13, 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	<b>400 swim</b>
EN-1 TO EN-2	<b>10 x 50 kick @ 1:30 or r=15</b> <ul style="list-style-type: none"><li>• descend times 1-5, 6-10</li></ul>
EN-1	<b>10 x 25 drill @ 45 or r=10</b> <ul style="list-style-type: none"><li>• all "stroke"</li></ul>
EN-1 TO EN-2	<b>10 x 50 @ 1:15 or r=20</b> <b>Alternate:</b> <ul style="list-style-type: none"><li>• 50 "stroke" drill</li><li>• 50 "stroke" swim</li></ul>
EN-1	<b>500 pull: breathe 3/5/3/5/3 by 100's</b>
EN-2	<b>10 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>• all "stroke"</li></ul>
REC	<b>100 swim</b>

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 14, 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"><li>• 400 swim</li><li>• 8 x 50 pull @ r=10</li></ul>
EN-1 TO EN-2	16 x 25 @ 40 or r=10 <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
EN-2 TO EN-3	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"><li>• fastest possible average</li></ul>
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"><li>• fastest possible average</li></ul>
REC	12 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull with freestyle kick/25 swim</li></ul>

Total = 2500