

DAY/DATE: MONDAY/OCTOBER 17, 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	400 swim
EN-1	6 x 50 @ r=15 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 400 pull @ 6:40 or r=40<ul style="list-style-type: none">◦ 300 swim @ 5:00 or r=30<ul style="list-style-type: none">▪ 200 pull @ 3:20 or r=20<ul style="list-style-type: none">• 100 swim @ 1:40 or r=10• 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ 200 swim @ 3:20 or r=20<ul style="list-style-type: none">▪ 100 pull @ 1:40 or r=10• 200 swim @ 3:20 or r=20<ul style="list-style-type: none">◦ 100 pull @ 1:40 or r=10• 100 swim @ 1:40 or r=10
EN-1	6 x 50 @ r=15 <ul style="list-style-type: none">• 25 drill/25 swim

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 18, 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"> • 200 swim • 200 kick • 200 pull
EN-1	<p>8 x 50 @ 1:10 or r=15</p> <ul style="list-style-type: none"> • 25 kick/25 drill
EN-2	<p><u>4 x through:</u></p> <ul style="list-style-type: none"> • 3 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 1 x 100 IM @ 2:00 or r=15 <ul style="list-style-type: none"> ◦ somewhat hard with excellent turns • 2 x 25 freestyle @ r=10 <ul style="list-style-type: none"> ◦ super easy • 1 minute between rounds
EN-1	<p>4 x 50 @ 1:05 or r=15</p> <ul style="list-style-type: none"> • 25 drill/25 swim • 1 each stroke
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 19, 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/EN-3	<ul style="list-style-type: none">• 3 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ DPS• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ DPS• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ 1st 30 meters = fast!• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ DPS• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ turns and finishes = fast!
EN-1 TO REC	<p>20 x 25 @ r=5</p> <p><u>4 x through:</u></p> <ul style="list-style-type: none">• 25 top scull/25 glide• 25 middle scull/25 glide• 25 bottom scull #1/25 glide• 25 bottom scull #2/25 glide• 25 squiggly lines scull/25 glide

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 20, 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	300 swim
EN-1	16 x 25 @ 40 or r=10 4 x through: <ul style="list-style-type: none">• 25 kick• 25 drill• 25 build• 25 DPS
EN-1 TO EN-2	2 x through: <ul style="list-style-type: none">• 1 x 200 free @ 3:30 or r=30<ul style="list-style-type: none">◦ breathe every 3rd stroke• 2 x 100 "stroke" @ 2:15 or r=30<ul style="list-style-type: none">◦ 2nd 100 faster than 1st 100• 4 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">◦ descend times 1-4• 8 x 25 "stroke" @ 40 or r=10<ul style="list-style-type: none">◦ descend times 1-4, 5-8• extra 30 seconds rest
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 21, 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	600 choice
EN-1	8 x 25 build @ r=10
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none">• #1/#5: 4th 25 = fast!• #2/#6: 3rd 25 = fast!• #3/#7: 2nd 25 = fast!• #4/#8: 1st 25 = fast!
EN-1	8 x 25 swim @ r=10
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none">• 2nd 50 = fast!• 2nd and 3rd 25's = fast!• 1st 50 = fast!• 1st and 4th 25's = fast!
EN-1 TO REC	12 x 25 (25 scull with kick/25 swim) @ r=10

Total = 2500