

DAY/DATE: MONDAY/OCTOBER 24, 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">• 400 swim• 300 IM kick• 200 IM drill
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 6:45 or r=45<ul style="list-style-type: none">◦ breathe 3/5/3/5 by 100's◦ 4 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">▪ descend times 1-4▪ 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">• breathe 3/5/3 by 100's• 4 x 75 swim @ 1:30 or r=15<ul style="list-style-type: none">◦ descend times 1-4◦ 1 x 200 pull @ 3:15 or r=15<ul style="list-style-type: none">▪ breathe 3/5/3/5 by 50's▪ 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">• descend times 1-4• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">◦ breathe 3/5 by 50's◦ 4 x 25 swim @ 30 or r=10<ul style="list-style-type: none">▪ descend times 1-4
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 25, 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	400 choice
EN-1 TO EN-2	<p><u>2 x through:</u></p> <ul style="list-style-type: none"> • 4 x 25 fly kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ 1st 12.5 meters/yards underwater • 2 x 50 kick @ 1:20 or r=20 <ul style="list-style-type: none"> ◦ choice
EN-1 TO EN-2	<p><u>2 x through:</u></p> <ul style="list-style-type: none"> • 4 x 50 pull @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ IM order • 4 x 75 swim @ 1:40 or r=30 <ul style="list-style-type: none"> ◦ <i>Each 75: 50 DPS + 1 (long and strong)/25 fast!</i> <ul style="list-style-type: none"> ▪ #1: 50 fly/25 back ▪ #2: 50 back/25 breast ▪ #3: 50 breast/25 free ▪ #4: 50 free/25 fly • extra 30 seconds between rounds
REC	300 swim

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 26, 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">• 200 swim• 200 kick• 200 pull• 8 x 25 (25 scull/25 pull) @ r=5
EN-1	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• 25 drill/25 DPS
EN-1 TO EN-2	8 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none">• descend times 1-4, 5-8
EN-1 TO EN-2	4 x 150 pull @ 2:45 or r=30 <ul style="list-style-type: none">• negative split
EN-1/EN-2	8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none">• 25 DPS/25 build to full speed
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 27, 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	<ul style="list-style-type: none">• 200 swim• 200 kick
EN-1	6 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none">• 25 breast/25 free
EN-1	400 freestyle: no breathing flags to wall
EN-1 TO EN-2	12 x 50 @ 1:10 or r=10-15 <u>4 x through:</u> <ul style="list-style-type: none">• 25 scull with free kick/25 stroke• 50 stroke• 50 free
EN-1/EN-2	400 kick: every 3rd length fast!
EN-1 TO EN-2	12 x 25 @ 40 or r=10 <u>4 x through:</u> <ul style="list-style-type: none">• 2 x 25 stroke• 1 x 25 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 28, 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 • 100 kick • 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none"> • 2 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none"> ◦ 2 x 50 kick @ 1:20 or r=15 <ul style="list-style-type: none"> ▪ 2 x 50 kick @ 1:15 or r=10 <ul style="list-style-type: none"> • 2 x 50 kick @ 1:05 or r=5
EN-1	8 x 25 (25 scull with free kick/25 swim) @ r=5
EN-1 TO EN-3	<p><u>2 x through:</u></p> <ul style="list-style-type: none"> • 1 x 150 swim @ 3:00 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 2 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> ◦ 25 DPS/25 build/25 fast • 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 DPS/25 fast • 6 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 build/25 fast • extra 60 seconds between rounds
REC	200: 25 scull/25 pull

Total = 2500