

DAY/DATE: MONDAY/AUGUST 28, 2017

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 kick</li><li>• 200 pull</li><li>• 200 swim</li></ul>
EN-1	8 x 25 drill @ r=10 <ul style="list-style-type: none"><li>• choose 2 different freestyle drills</li></ul>
EN-1 TO EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/4/5 by 100's</li></ul></li><li>• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-2</li></ul></li><li>• 3 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• extra 30 seconds rest</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/AUGUST 29, 2017

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: IM</li> <li>• 200 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-2	12 x 50 @ 1:05 or r=10 <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> <li>• 3 each stroke, IM order</li> </ul>
EN-1 TO EN-2	<u>4 x thru (Milt Nelms Axis Swim):</u> <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>
REC	8 x 25 @ r=5 <ul style="list-style-type: none"> <li>• 25 scull with kick/25 swim</li> </ul>

Total = 2500

DAY/DATE: WEDNESDAY/AUGUST 30, 2017

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>• 300 swim</li><li>• 4 x 50 @ r=10<ul style="list-style-type: none"><li>◦ 25 scull with free kick/25 swim</li></ul></li></ul>
EN-1 TO EN-2	<p><b><u>2 x thru:</u></b></p> <ul style="list-style-type: none"><li>• 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>▪ 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>▪ 1 x 400 pull @ 7:00 or r=60</li></ul></li></ul></li></ul></li></ul></li></ul></li></ul>
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/AUGUST 31, 2017

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	4 x 100 pull @ 1:45 or r=10 • 25 breast/25 free/25 breast/25 free
EN-1 TO EN-2	4 x 75 kick @ 2:00 or r=20 • choose one "stroke" • descend times 1-4
EN-1	8 x 50 @ 1:05 or r=15 • 25 "stroke" drill/25 "stroke" swim
EN-2	4 x 150 swim @ 3:10 or r=30 • odd 150's: 50 free/50 "stroke"/50 free • even 150's: 50 "stroke"/50 free/50 "stroke"
EN-2	4 x 100 swim @ 2:00 or r=20 • 25 "stroke"/25 free/25 "stroke"/25 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPT. 1, 2017

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>• 200 swim</li><li>• stretch for 2 minutes</li><li>• 200 swim (mix of strokes)</li><li>• stretch for 2 minutes</li><li>• 200 kick (mix of strokes)</li><li>• stretch for 2 minutes</li></ul>
EN-1	8 x 50 @ 1:05 or r=10 <ul style="list-style-type: none"><li>• 25 drill/25 swim</li></ul>
EN-1 TO EN-2	12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"><li>• build</li></ul>
REC TO EN-3	<ul style="list-style-type: none"><li>• 4 x 25 swim @ 1:00<ul style="list-style-type: none"><li>◦ all fast!</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 1 x 300 swim or pull @ 5:30 or r=60<ul style="list-style-type: none"><li>◦ easy pace</li></ul></li><li>• 4 x 50 swim @ 1:30<ul style="list-style-type: none"><li>◦ all fast!</li></ul></li><li>• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ moderate pace</li></ul></li><li>• 1 x 300 swim or pull<ul style="list-style-type: none"><li>◦ easy pace</li></ul></li></ul>

Total = 2500