

DAY/DATE: MONDAY/OCTOBER 2, 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	200 swim
EN-1	12 x 25 @ 40 or r=10 4 x thru: <ul style="list-style-type: none"><li>• 25 r-arm free</li><li>• 25 l-arm free</li><li>• 25 DPS free</li></ul>
EN-1 TO EN-2	2 x thru: <ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ moderate effort, breathe 3/4/5/3 by 100's</li></ul></li><li>• 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ negative split each 200</li></ul></li><li>• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• extra 40 seconds rest</li></ul>
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 3, 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>• 8 x 50 (25 drill/25 swim) @ r=10</li> </ul>
EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 25 fly @ 40 or r=10</li> <li>• 25 fly/25 back @ 1:10 or r=20</li> <li>• 25 fly/25 back/25 breast @ 1:40 or r=20</li> <li>• 100 IM @ 2:30 or r=45</li> <li>• 25 back @ 40 or r=10</li> <li>• 25 back/25 breast @ 1:10 or r=20</li> <li>• 25 back/25 breast/25 free @ 1:40 or r=20</li> <li>• 100 IM @ 2:30 or r=45</li> <li>• 25 breast @ 40 or r=10</li> <li>• 25 breast/25 free @ 1:10 or r=20</li> <li>• 25 breast/25 free/25 fly @ 1:40 or r=20</li> <li>• 100 IM @ 2:30 or r=45</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 200 kick @ r=30               <ul style="list-style-type: none"> <li>◦ every 3<sup>rd</sup> length fast!</li> </ul> </li> <li>• 4 x 25 kick @ r=10               <ul style="list-style-type: none"> <li>◦ fast feet!</li> </ul> </li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 4, 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	<b>300 swim</b>
EN-1	<b>8 x 25 @ 45 or r=10</b> <b>2 x thru:</b> <ul style="list-style-type: none"><li>• 25 top scull @ 45 or r=10</li><li>• 25 middle scull @ 45 or r=10</li><li>• 25 bottom scull @ 45 or r=15</li><li>• 25 10-beat free @ 45 or r=15</li></ul>
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 2 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5/3/5 by 50's</li></ul></li><li>• 4 x 150 swim @ 2:40 or r=20<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 8 x 75 @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ build each 75</li></ul></li><li>• 12 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ hold 400 meter (or 500 yard) pace</li></ul></li></ul>
REC	<b>100 swim</b>

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 5, 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	500 choice
EN-1	<p>8 x 50 @ 1:05 or r=15</p> <ul style="list-style-type: none"> <li>• 25 "10-beat" free/25 free</li> <li>• 25 "right-arm" free/25 free</li> <li>• 25 "left-arm" free/25 free</li> <li>• 25 "human stroke"/25 free</li> </ul>
EN-1	<p>16 x 25 @ 45 or r=15</p> <ul style="list-style-type: none"> <li>• 25 "2 kicks-1 pull" breast</li> <li>• 25 "cobra" breast</li> <li>• 25 "3 up, 3-down" breast</li> <li>• 25 breaststroke swim</li> </ul>
EN-1	<p>8 x 50 @ 1:10 or r=15</p> <ul style="list-style-type: none"> <li>• 25 "10-beat" back/25 back</li> <li>• 25 "right-arm" back/25 back</li> <li>• 25 "left-arm" back/25 back</li> <li>• 25 "double-arm" back/25 back</li> </ul>
EN-1	<p>16 x 25 @ 45 or r=10</p> <ul style="list-style-type: none"> <li>• 25 "right-arm" fly</li> <li>• 25 "left-arm" fly</li> <li>• 25 4-beat fly</li> <li>• 12.5 fly/12.5 free</li> </ul>
EN-1 TO REC	400 swim: ascend 100's

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 6, 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	<b>400 swim</b>
EN-1 TO EN-3	<b>2 x thru:</b> <ul style="list-style-type: none"><li>• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none"><li>◦ moderate effort</li></ul></li><li>• 2 x 100 swim @ 1:50 or r=20<ul style="list-style-type: none"><li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup> 100</li></ul></li><li>• 2 x 50 kick @ 1:30 or r=20<ul style="list-style-type: none"><li>◦ negative split each 50</li></ul></li><li>• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none"><li>◦ moderate-hard to hard effort</li></ul></li></ul>
EN-1/EN-3	<b>16 x 25 @ 40 or r=10-15</b> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li></ul>
REC	<b>100 swim</b>

Total = 2500