

DAY/DATE: MONDAY/SEPTEMBER 25, 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	400 choice
EN-1	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/4/5/6/7 by 50's
EN-1 TO EN-2	2 x 500 swim @ 8:00 or r=30 <ul style="list-style-type: none">• 25 easy<ul style="list-style-type: none">◦ 25 somewhat fast<ul style="list-style-type: none">▪ 50 easy<ul style="list-style-type: none">• 50 somewhat fast<ul style="list-style-type: none">◦ 75 easy<ul style="list-style-type: none">▪ 75 somewhat fast<ul style="list-style-type: none">• 100 easy<ul style="list-style-type: none">◦ 100 somewhat fast
EN-1 TO EN-2	4 x 250 swim @ 4:00 or r=20 <ul style="list-style-type: none">• 50 easy<ul style="list-style-type: none">◦ 50 somewhat fast<ul style="list-style-type: none">▪ 50 easy<ul style="list-style-type: none">• 50 somewhat fast<ul style="list-style-type: none">◦ 50 easy
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 26, 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	500 choice
EN-1	8 x 50 pull @ 1:05 or r=10 <ul style="list-style-type: none">• 25 "stroke"/25 free
EN-2	4 x thru (1 round each stroke): <ul style="list-style-type: none">• 4 x 25 swim @ 45 or r=15• 1 x 100 swim @ 2:15 or r=30
REC	4 x (25 scull/25 glide/25 pull)
EN-2	4 x thru (1 round each stroke): <ul style="list-style-type: none">• 2 x 25 swim @ 45 or r=15• 1 x 50 swim @ 1:15 or r=20
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPTEMBER 27, 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"> • 200 swim • 200 kick • 200 pull
EN-1	<p>8 x 50 @ 1:00 or r=10</p> <ul style="list-style-type: none"> • 25 drill/25 swim
EN-1/EN-3	<p>4 x 200 swim @ 3:20 or r=20</p> <ul style="list-style-type: none"> • #1: fast 4th 50 <ul style="list-style-type: none"> ○ #2: fast 3rd 50 <ul style="list-style-type: none"> ▪ #3: fast 2nd 50 <ul style="list-style-type: none"> • #4: fast 1st 50
EN-1	<p>8 x 50 @ r=10</p> <ul style="list-style-type: none"> • alt. 50 kick, 50 swim
EN-1/EN-3	<p>4 x 100 swim @ 1:45 or r=15</p> <ul style="list-style-type: none"> • #1: fast 4th 25 <ul style="list-style-type: none"> ○ #2: fast 3rd 25 <ul style="list-style-type: none"> ▪ #3: fast 2nd 25 <ul style="list-style-type: none"> • #4: fast 1st 25
EN-1/EN-3	<p>12 x 25 swim @ 30 or r=10</p> <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 28, 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	<ul style="list-style-type: none">• 200 swim• 300 kick• 200 pull
EN-1	6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 build
EN-1 TO EN-2	<u>4 x thru (choose one stroke per round):</u> <ul style="list-style-type: none">• 1 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">◦ 2 x 50 swim @ 1:15 or r=20<ul style="list-style-type: none">▪ 4 x 25 swim @ 45 or r=15
EN-1/EN-3	300 kick: every 3 rd length fast!
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 29, 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">• 200 swim• 200 kick• 200 pull
EN-1	<p><u>3 x thru:</u></p> <ul style="list-style-type: none">• 2 x 50 @ 1:00 or r=10<ul style="list-style-type: none">◦ 25 drill/25 swim• 4 x 25 @ 40 or r=10<ul style="list-style-type: none">◦ 25 build/25 DPS
EN-3/REC	<ul style="list-style-type: none">• 4 x 75 swim @ 2:00 or r=60<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy• 4 x 50 swim @ 1:30 or r=50<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy• 4 x 25 swim @ 1:00 or r=40<ul style="list-style-type: none">◦ all fast!• 1 x 200 easy
REC	<p>4 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull/25 pull

Total = 2500