

DAY/DATE: MONDAY/OCTOBER 16, 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">• 200 swim• 200 pull• 200 kick
EN-1 TO EN-2	<p><u>2nd repeat faster than 1st in each set:</u></p> <ul style="list-style-type: none">• 2 x 400 swim @ 6:30 or r=30<ul style="list-style-type: none">◦ 2 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">▪ 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none">• 2 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ 2 x 50 swim @ 1:00 or r=15
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none">• 25 scull/25 glide stroke/25 pull

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 17, 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 @ 55 • breathe 3/5 by 25's
EN-1 TO EN-2	<u>4 x thru (Milt Nelms' Axes Swim):</u> <ul style="list-style-type: none">• 25 back<ul style="list-style-type: none">◦ 25 fly<ul style="list-style-type: none">▪ 25 back<ul style="list-style-type: none">• 25 breast<ul style="list-style-type: none">◦ 25 free<ul style="list-style-type: none">▪ 25 free<ul style="list-style-type: none">• 25 free
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none">• 1 x 50 swim (200 IM order by rnd) @ 1:05 or r=15• 1 x 100 IM @ 2:00 or r=30
REC	12 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull with kick/25 swim

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 18, 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	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5/7 by 50's
EN-1 TO EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 1 x 200 swim (moderate pace) @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ 1 x 150 swim (faster pace) @ 2:30 or r=15 <ul style="list-style-type: none"> ▪ 1 x 100 swim (faster pace) @ 1:45 or r=15 • 1 x 50 swim (fastest pace) @ 1:30 or r=30
REC	4 x (25 scull/25 glide stroke/25 pull)
EN-1/EN-3	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 19, 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	400 swim
EN-1 TO EN-2	10 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• figure average time for each set of 5 x 50• same stroke for each set of 5 x 50
EN-1	10 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 25 "stroke" drill/25 "stroke" swim
EN-1	10 x 50 @ 1:15 or r=20 <ul style="list-style-type: none">• 25 "stroke" drill/25 "stroke" swim• note times and # strokes per length
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1	10 x 25 @ 45 or r=10 <ul style="list-style-type: none">• 25 "stroke" drill/25 "stroke" swim
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 20, 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">• 300 swim• 6 x 50 pull @ r=10
EN-1	12 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-2 TO EN-3	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none">• fastest possible average
EN-1	400 pull: breathe 3/5/3/optional by 100's
EN-2 TO SP-1	8 x 25 swim @ 50 or r=30 <ul style="list-style-type: none">• fastest possible average
REC/EN-2	400 kick: every 3 rd length fast!
REC	8 x 25 scull with freestyle kick @ r=5

Total = 2500