

DAY/DATE: MONDAY/OCTOBER 23, 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></ul>
EN-1 TO EN-2	<p><u>Swim or pull this set. Build your pace on the way up, maintain your pace on the way down:</u></p> <ul style="list-style-type: none"><li>• 1 x 100 @ 1:40 or r=10<ul style="list-style-type: none"><li>▪ 1 x 200 @ 3:20 or r=20<ul style="list-style-type: none"><li>○ 1 x 400 @ 6:40 or r=40<ul style="list-style-type: none"><li>• 1 x 800 @ 13:00 or r=80</li></ul></li><li>○ 1 x 400 @ 6:40 or r=40</li></ul></li><li>▪ 1 x 200 @ 3:20 or r=20</li></ul></li><li>• 1 x 100 @ 1:40 or r=10</li></ul>
REC	8 x 25 (25 scull with flutter kick/25 swim) @ r=5

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 24, 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 25 kick @ r=5               <ul style="list-style-type: none"> <li>◦ 2 each stroke</li> </ul> </li> <li>• 4 x 50 kick @ r=10               <ul style="list-style-type: none"> <li>◦ 1 each stroke</li> </ul> </li> </ul>
EN-1	12 x 25 @ 45 <ul style="list-style-type: none"> <li>• 2 x 25 drill/1 x 25 swim</li> <li>• IM order</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 200 pull (moderate pace) @ 4:00</li> <li>• 1 x 300 back@ 6:30               <ul style="list-style-type: none"> <li>◦ 3 x (50 kick/50 swim)</li> </ul> </li> <li>• 1 x 200 pull (moderate pace) @ 4:00</li> <li>• 2 x 150 breast @ 3:30               <ul style="list-style-type: none"> <li>◦ 50 drill/50 swim/50 drill</li> </ul> </li> <li>• 1 x 200 pull (moderate pace)@ 4:00</li> <li>• 12 x 25 fly @ 45               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> </ul>
REC	100 choice

Total = 2500

DAY/DATE: WEDNESDAY/OCTOBER 25, 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>400 choice</b>
EN-1	<b>12 x 50 pull @ 55 or r=10</b> <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 3 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 3 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li></ul>
REC	<b>200 choice</b>

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 26, 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"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	8 x 25 drill @ r=10 <ul style="list-style-type: none"><li>• 2 of each stroke</li></ul>
EN-1 TO EN-2	<u>3 x thru (one stroke per round):</u> <ul style="list-style-type: none"><li>• 75 kick @ 1:45 or r=15</li><li>• 50 kick/25 swim @ 1:45 or r=15</li><li>• 25 kick/50 swim @ 1:45 or r=15</li><li>• 75 swim @ 1:45 or r=20</li></ul>
EN-1	6 x 50 pull @ 1:05 or r=15 <ul style="list-style-type: none"><li>• 25 breast/25 free</li></ul>
EN-1	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"><li>• 100 IM order</li></ul>
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 27, 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>500 swim</b>
EN-1	<b>4 x 75 @ 1:30 or r=15</b> • 25 kick/25 drill/25 swim
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• 1 x 100 swim @ 2:00 or r=30               <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> <li>• 4 x 25 swim @ 30 or r=5               <ul style="list-style-type: none"> <li>◦ 90% effort</li> </ul> </li> <li>• 1 x 200 swim @ 4:00 or r=45               <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> <li>• 4 x 25 swim @ 35 or r=10               <ul style="list-style-type: none"> <li>◦ 90% effort</li> </ul> </li> <li>• 1 x 400 pull @ 7:30 or r=60               <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> <li>• 4 x 25 swim @ 40 or r=15               <ul style="list-style-type: none"> <li>◦ 90% effort</li> </ul> </li> <li>• 1 x 200 swim @ 4:00 or r=45               <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> <li>• 4 x 25 swim @ 45 or r=20               <ul style="list-style-type: none"> <li>◦ 90% effort</li> </ul> </li> <li>• 1 x 100 swim @ 2:00 or r=30               <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> </ul>
REC	<b>4 x (25 scull/25 glide stroke/25 pull)</b>

Total = 2500