

DAY/DATE: MONDAY/OCTOBER 30, 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	300 swim
EN-1	12 x 50 @ r=10 3 x thru: <ul style="list-style-type: none">• 1 x 50 kick• 1 x 50 drill• 2 x 50 swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 1 x 400 pull @ 6:40 or r=40<ul style="list-style-type: none">◦ 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">▪ 4 x 50 swim @ 50 or r=5<ul style="list-style-type: none">• 1 x 100 swim @ 1:40 or r=10• 1 x 300 pull @ 5:00 or r=30<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 @ 50 or r=5• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ 1 x 100 swim @ 1:40 or r=10• 1 x 100 pull @ 1:40 or r=10
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 31, 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">• 200 swim• 200 kick• 200 pull
EN-1	8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none">• 1 x 100 IM @ 2:20 or r=30• 3 x 50 swim @ 1:00 or r=10<ul style="list-style-type: none">◦ 25 fly/25 back◦ 25 back/25 breast◦ 25 breast/25 free• 2 x 25 easy freestyle @ r=10• 1 minute between rounds
EN-1	4 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• 25 drill/25 swim
REC	100 swim

Total = 2500

DAY/DATE: WEDNESDAY/NOVEMBER 1, 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	600 choice
EN-1 TO EN-3	<ul style="list-style-type: none">• 3 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ descend times 1-3• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ 1st 25 DPS/2nd 25 fast!• 2 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ descend times 1-2• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ 1st 25 fast!/2nd 25 DPS• 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none">◦ negative split• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ fast turn, fast finish!
REC	12 x 25 @ r=5 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 scull• 25 glide stroke• 25 pull

Total = 3000

DAY/DATE: THURSDAY/NOVEMBER 2, 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	16 x 25 @ 40 or r=10-15 4 x thru: <ul style="list-style-type: none">• 25 kick• 25 drill• 25 build• 25 DPS
EN-1 TO EN-2	2 x thru: <ul style="list-style-type: none">• 1 x 200 free @ 3:30 or r=30• 2 x 100 "stroke" @ 2:15 or r=30• 4 x 50 free @ 1:00 or r=15• 8 x 25 "stroke" @ 45 or r=15• extra 30 seconds rest
REC	200 choice

Total = 2500

DAY/DATE: FRIDAY/NOVEMBER 3, 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	600 choice
EN-1	8 x 25 build @ r=10
EN-1/EN-3	8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none">• #1/#5: 4th 25 = fast!• #2/#6: 3rd 25 = fast!• #3/#7: 2nd 25 = fast!• #4/#8: 1st 25 = fast!
REC	8 x 25 swim @ r=10
EN-1/EN-3	4 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none">• #1: 2nd 50 = fast!• #2: middle 50 = fast!• #3: 1st 50 = fast!• #4: 1st and 4th 25's = fast!
REC	12 x 25 (25 scull with kick/25 swim) @ r=10

Total = 2500