

## Week 8/8 of Race Prep

<u>7 - 13 Jul 2014</u>		<u>Week Meters</u>	<u>Days to</u>	<u>Daily</u>	Focus	<b>BK</b>		<b>BK</b>	<b>FS / BR</b>	<b>BK</b>	<b>addn</b>	<b>rest</b>	
	<u>Target</u>	<u>8500</u>	<u>Work</u>	<u>Quota</u>		<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	
<b>Base Aerobic</b>	44%	3735	3	1245									
EN-1						200	800	200	800	200			2200
Aerobic Kick						500		500		500			1500
<b>Anaerobic Threshold</b>	5%	386	3	129									
EN-1/2						150		100		150			400
EN-2													0
<b>Anaerobic</b>	12%	1030	3	343			ALL	FS	ALL				
Lactic Production							300	150	300				750
LAP Kick													0
Power							100	100	100				300
Power Kick													0
<b>High Anaerobic</b>	20%	1739	3	580		BK100		BK200		BK50			
Lactic Tolerance													0
Lactic Tol Kick													0
Race Pace						650		400		350	250		1650
EN-3													0
<b>Recovery</b>	19%	1610	6	268									
Recov						300	300	300	400	300			1600
	100%	8500											1600
				<b>Work Total</b>		1800	1500	1750	1600	1500	250	0	8400
				<b>Warm Up</b>		800	800	800	800	800	1100		
				<b>Swim Down</b>		600	600	600	600	600			
				<b>Session Total</b>		3200	2900	3150	3000	2900	1350	0	16500