

2014 Worlds - Taper Plan

			Pre Taper Max [m]		1750		1050		4100		1600		8500		Warm	Swim	Session
Days Out		Training Type	Race Pace target meters	% of Max	LAP + Power target meters	% of Max	Endurance target meters	% of Max	Recovery target meters	% of Max	Total Work	% of Max	Up	Down	Total		
23	Sat 12-Jul	light															
22	Sun 13-Jul	rest															
Week Targets - Taper Week 1			15%	1020	58%	15%	1020	97%	40%	2720	66%	30%	2040	128%	6800	80%	
21	Mon 14-Jul	Race Pace	500		100		200		400		1200		800	600	2600		
20	Tue 15-Jul	Easy+Pace			150		850		300		1300		800	600	2700		
19	Wed 16-Jul	Sprint			250		350		300		900		800	400	2100		
18	Thu 17-Jul	rest															
17	Fri 18-Jul	Race Pace	500		100		200		400		1200		800	600	2600		
16	Sat 19-Jul	Easy+Pace			150		800		300		1250		800	600	2650		
15	Sun 20-Jul	Sprint			250		350		350		950		800	600	2350		
Actual Week Total			1000	57%	1000	95%	2750	67%	2050	128%	6800	80%	4800	3400	15000		
Week Targets - Taper Week 2			15%	638	36%	15%	638	61%	30%	1275	31%	40%	1700	106%	4250	50%	
14	Mon 21-Jul	Race Pace	350						400		750		800	600	2150		
13	Tue 22-Jul	Easy+Pace			100		450		200		750		800	600	2150		
12	Wed 23-Jul	Sprint			250		200		250		700		800	600	2100		
11	Thu 24-Jul	rest															
10	Fri 25-Jul	Race Pace	300						400		700		800	600	2100		
9	Sat 26-Jul	Easy+Pace			100		400		200		700		800	600	2100		
8	Sun 27-Jul	Sprint			200		200		250		650		800	600	2050		
Actual Week Total			650	37%	650	62%	1250	30%	1700	106%	4250	50%	4800	3600	12650		
Week Targets - Taper Week 3			10%	255	15%	20%	510	49%	30%	765	19%	40%	1020	64%	2550	30%	
7	Mon 28-Jul	Race Pace	250		100				300		650		800	600	2050		
6	Tue 29-Jul	Sprint			175		300		300		775		800	600			
5	Wed 30-Jul	rest															
4	Thu 31-Jul	Easy+Pace			100		200		200		500		800	600	1900		
3	Fri 1-Aug	Easy+Pace			75		150		150		375		800	600	1775		
2	Sat 2-Aug	Easy+Pace			50		100		100		250		800	600	1650		
1	Sun 3-Aug	Easy											800	600	1400		
Actual Week Total			250	14%	500	48%	750	18%	1050	66%	2550	30%	4800	3600	10950		
Race 1: 200BK			Mon 4-Aug		200								800	1000	2000		
rest			Tue 5-Aug										800	600	1400		
Race 2, 3: 50 FS BR			Wed 6-Aug		100								800	1200	2100		
Relays			Thu 7-Aug		150								2000	1500	3650		
Race 4: 100BK			Fri 8-Aug		100								800	1000	1900		
Race 5: 50BK			Sat 9-Aug		50								800	600	1450		