

Swim Florida, Cape Coral: 2008 ~ 2009 Season

%	Rec	En1	En2	En3	SP1	SP2	SP3	Tot.	Per	Yd	Mi	MEETS
27-Jul	5	40	20	15	20			100	5,600	44,800	25	Seniors Ft. Pierce
20-Jul	5	40	20	15	20			100	5,600	44,800	25	JO F.G.C.U.
13-Jul	5	40	20	15	20			100	5,600	44,800	25	Southern Zone Sectionals
6-Jul	5	40	20	15	20			100	5,600	44,800	25	
29-Jun	5	40	20	15	20			100	5,600	44,800	25	Area 3~5 TBA
22-Jun	5	40	20	15	20			100	5,600	44,800	25	
15-Jun	5	40	20	15	20			100	5,600	44,800	25	Gulf Coast F.G.C.U.
8-Jun	5	40	20	15	20			100	5,600	44,800	25	
1-Jun	5	40	20	15	20			100	5,600	44,800	25	
25-May	5	40	20	15	20			100	5,700	34,200	19	Open Water JO TBA
18-May	5	40	20	15	20			100	5,700	34,200	19	SPA St. Petersburg
11-May	5	40	20	15	20			100	5,700	34,200	19	
4-May	5	40	20	15	20			100	5,700	34,200	19	
27-Apr	5	40	20	15	20			100	5,700	34,200	19	
20-Apr	5	40	20	15	20			100	5,700	34,200	19	
13-Apr	5	40	20	15	20			100	6,000	36,000	20	Gulf Coast F.G.C.U.
6-Apr	5	40	20	15	20			100	6,000	36,000	20	
30-Mar	5	40	20	15	20			100	6,000	36,000	20	
23-Mar	5	40	20	15	20			100	6,000	36,000	20	
16-Mar	5	40	20	15	20			100	5,700	34,200	19	Southern Zone Sectionals
9-Mar	5	40	20	15	20			100	5,700	34,200	19	
2-Mar	5	40	20	15	20			100	5,700	34,200	19	AREA 3~5
23-Feb	5	40	20	15	20			100	5,700	34,200	19	SENIORS Orlando
16-Feb	5	40	20	15	20			100	5,700	34,200	19	JO Gainesville
9-Feb	5	40	20	15	20			100	5,700	34,200	19	
2-Feb	5	40	20	15	20			100	5,700	34,200	19	CAT Clearwater
26-Jan	5	40	20	15	20			100	5,700	34,200	19	
19-Jan	5	40	20	15	20			100	5,700	34,200	19	
12-Jan	5	40	20	15	20			100	5,800	34,800	20	CAT Clearwater
5-Jan	5	40	20	15	20			100	5,800	34,800	20	
29-Dec	5	40	20	15	20			100	5,000	30,000	17	BREAK*
22-Dec	5	40	20	15	20			100	5,000	30,000	17	BREAK*
15-Dec	5	40	20	15	20			100	6,200	37,200	21	
8-Dec	5	40	20	15	20			100	6,200	37,200	21	CAT Clearwater
1-Dec	5	40	20	15	20			100	6,100	36,600	21	
24-Nov	5	40	20	15	20			100	5,200	31,200	18	
17-Nov	5	40	20	15	20			100	5,200	31,200	18	SHARKS Sarasota
10-Nov	5	40	20	15	20			100	5,500	33,000	19	
3-Nov	5	40	20	15	20			100	5,700	34,200	19	
27-Oct	5	40	20	15	20			100	5,700	34,200	19	
20-Oct	5	40	20	15	20			100	5,800	34,800	20	
13-Oct	5	40	20	15	20			100	5,800	34,800	20	WFLA Halloween Meet
6-Oct	5	40	20	15	20			100	5,800	34,800	20	SWIM Fort Myers
29-Sep	5	25	10	25	20			100	6,000	36,000	20	
22-Sep	5	25	25	35				100	6,100	36,600	21	
15-Sep	5	25	25	35				100	6,100	36,600	21	SWIM Fort Myers
8-Sep	5	25	25	35				100	6,000	36,000	20	
1-Sep	5	25	25	35				100	6,000	36,000	20	
25-Aug	5	25	25	35				100	5,900	35,400	20	
18-Aug	5	40	35					100	5,800	34,800	20	
11-Aug	5	40	35					100	5,700	34,200	19	
4-Aug	5	40	35					100	5,500	33,000	19	

Rec	up to 120		80% Threshold Speed	
AEROBIC BASE	120-140	10 - 30 Sec. Rest	95% Threshold Speed	Maximum effort over distance
ANAEROBIC THRESHOLD	130 - 170	10 - 40 Sec. Rest	Threshold Endurance	
MAXVO2	160-180	20 Sec. Rest to 1:1	107% Threshold Speed	
LACTATE TOLERANCE	MAX	1:1 to 1:2	Inside 90% Max Velocity	As fast as possible
LACTATE PEAK	MAX	1:2 to 1:8	inside 95% Max Velocity	As fast as possible
ALACTATE	N/A	30 Sec. Minimum	100% - 110% Max Velocity	Maximum speed