

| Pace | Set |
|--------------|--|
| REC | <ul style="list-style-type: none"> • 200 swim • 100 kick • 8 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim |
| EN-1 to EN-2 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 2 x 200 pull or swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ faster pace than 400 • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • extra 60 seconds rest |
| REC | 100 swim |

Total = 3000

| Pace Chart | | | | | |
|------------|---------------|------------------------------|--------|----------------|------------------------------|
| Pace | Effort | Perceived Exertion/Target HR | Pace | Effort | Perceived Exertion/Target HR |
| REC | Very Light | 7-12/90-120 | EN-3 | Hard | 17/175-185 |
| EN-1 | Fairly Light | 13-14/120-150 | SP-1 | Very Hard | 18/185-max |
| EN-2 | Somewhat Hard | 15-16/150-175 | SP-2/3 | Extremely Hard | 19-20/max |

| Pace | Set |
|--------------|---|
| REC | 500 choice |
| EN-1 to EN-2 | <u>2 x thru:</u> <ul style="list-style-type: none"> 4 x 25 fly kick @ 45 or r=10 <ul style="list-style-type: none"> ½ length underwater/½ length on surface 2 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> choice of stroke |
| EN-1 to EN-2 | <u>2 x thru:</u> <ul style="list-style-type: none"> 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> breathe 3/5 by 25's 4 x 50 drill @ 1:05 or r=15 <ul style="list-style-type: none"> IM order 4 x 75 swim (50 "DPS"/25 fast) @ 1:45 or r=20 <ul style="list-style-type: none"> #1: 50 fly/25 back #2: 50 back/25 breast #3: 50 breast/25 free #4: 50 free/25 fly extra 60 seconds between rounds |
| REC | 200 choice |

Total = 2500

| Pace Chart | | | | | |
|------------|---------------|------------------------------|--------|----------------|------------------------------|
| Pace | Effort | Perceived Exertion/Target HR | Pace | Effort | Perceived Exertion/Target HR |
| REC | Very Light | 7-12/90-120 | EN-3 | Hard | 17/175-185 |
| EN-1 | Fairly Light | 13-14/120-150 | SP-1 | Very Hard | 18/185-max |
| EN-2 | Somewhat Hard | 15-16/150-175 | SP-2/3 | Extremely Hard | 19-20/max |

| Pace | Set |
|--------------|---|
| REC | <ul style="list-style-type: none"> • 400 swim • 200 kick |
| EN-1 to EN-2 | <ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 100's • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 300 pull @ 5:15 or r=45 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/7/5 by 50's • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/7/5 by 25's • 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 |
| EN-1/EN-3 | 12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> • 25 easy/25 fast |
| REC | 100 choice |

Total = 3000

| Pace Chart | | | | | |
|------------|---------------|------------------------------|--------|----------------|------------------------------|
| Pace | Effort | Perceived Exertion/Target HR | Pace | Effort | Perceived Exertion/Target HR |
| REC | Very Light | 7-12/90-120 | EN-3 | Hard | 17/175-185 |
| EN-1 | Fairly Light | 13-14/120-150 | SP-1 | Very Hard | 18/185-max |
| EN-2 | Somewhat Hard | 15-16/150-175 | SP-2/3 | Extremely Hard | 19-20/max |

| Pace | Set |
|--------------|--|
| REC | <ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull |
| EN-1 | 8 x 25 drill @ r=10 <ul style="list-style-type: none"> • 2 each stroke, IM order |
| EN-1 to EN-2 | 12 x 75 @ 2:00 or r=20-30 <u>Choose 1 stroke each set of 4 x 75:</u> <ul style="list-style-type: none"> • 75 kick <ul style="list-style-type: none"> ◦ 50 kick/25 swim <ul style="list-style-type: none"> ▪ 25 kick/50 swim • 75 swim • 75 swim <ul style="list-style-type: none"> ◦ 50 swim/25 kick <ul style="list-style-type: none"> ▪ 25 swim/50 kick • 75 kick • 75 kick <ul style="list-style-type: none"> ◦ 50 kick/25 swim <ul style="list-style-type: none"> ▪ 25 kick/50 swim • 75 swim |
| EN-1 to EN-2 | 12 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> • 200 IM order or alternate 50 stroke/50 free |
| REC | 200 choice |

Total = 2500

| Pace Chart | | | | | |
|------------|---------------|------------------------------|--------|----------------|------------------------------|
| Pace | Effort | Perceived Exertion/Target HR | Pace | Effort | Perceived Exertion/Target HR |
| REC | Very Light | 7-12/90-120 | EN-3 | Hard | 17/175-185 |
| EN-1 | Fairly Light | 13-14/120-150 | SP-1 | Very Hard | 18/185-max |
| EN-2 | Somewhat Hard | 15-16/150-175 | SP-2/3 | Extremely Hard | 19-20/max |

| Pace | Set |
|--------------|--|
| REC to EN-1 | <ul style="list-style-type: none"> • 400 swim • 12 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 kick/25 swim • 12 x 25 pull @ 30 or r=5 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's |
| EN-1 to SP-1 | <p><u>4 x thru (add fins for rounds 3 and 4):</u></p> <ul style="list-style-type: none"> • 2 x 75 @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 50 drill/25 build • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fast/25 "DPS" • 2 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ all fast! • extra 60 seconds rest |
| REC | <p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull w/ flutter kick/25 swim |

Total = 2500

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|------------|---------------|------------------------------|--------|----------------|------------------------------|
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| REC | Very Light | 7-12/90-120 | EN-3 | Hard | 17/175-185 |
| EN-1 | Fairly Light | 13-14/120-150 | SP-1 | Very Hard | 18/185-max |
| EN-2 | Somewhat Hard | 15-16/150-175 | SP-2/3 | Extremely Hard | 19-20/max |