

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• 1-4: breathe every 3<sup>rd</sup> stroke</li> <li>• 5-8: breathe every 5<sup>th</sup> stroke</li> <li>• 9-12: breathe every 7<sup>th</sup> stroke</li> </ul>
EN-1 to EN-3	<u>Davis Mile: Broken 1650</u> <i>Subtract 2½ minutes to get 1650 time</i> <ul style="list-style-type: none"> <li>• 11 lengths (275) @ r=20</li> <li>• 10 lengths (250) @ r=20</li> <li>• 9 lengths (225) @ r=20               <ul style="list-style-type: none"> <li>◦ 8 lengths (200) @ r=15</li> <li>◦ 7 lengths (175) @ r=15</li> <li>◦ 6 lengths (150) @ r=15</li> <li>◦ 5 lengths (125) @ r=15</li> </ul> </li> <li>▪ 4 lengths (100) @ r=10</li> <li>▪ 3 lengths (75) @ r=10</li> <li>▪ 2 lengths (50) @ r=10               <ul style="list-style-type: none"> <li>• 1 length (25)</li> </ul> </li> </ul>
REC	150 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 to EN-1	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 200 IM kick</li> <li>• 100 IM drill</li> <li>• 8 x 25 swim @ r=10 <ul style="list-style-type: none"> <li>◦ build each 25</li> </ul> </li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 IM @ 5:30 or r=45</li> <li>• 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> </ul> </li> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 25 back/25 breast</li> </ul> </li> <li>• 1 x 100 IM @ 2:15 or r=30</li> <li>• 4 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
EN-1	12 x 25 freestyle @ 40 or r=10 <ul style="list-style-type: none"> <li>• 25 drill/25 swim</li> </ul>
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"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	12 x 50 @ 1:00 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 25 10-beat free/25 free</li> <li>• 50 corkscrew (4 strokes free, 5 strokes back)</li> <li>• 25 10-beat back/25 back</li> </ul>
EN-1 to EN-3	<u>2 x thru:</u> <i>200 is faster than 200 split in 300, 100 is faster than 100 split in 200, 50 is faster than 50 split in 100 (i.e., pace gets faster as repeat gets shorter)</i> <ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ 1 x 200 swim @ 3:20 or r=20                   <ul style="list-style-type: none"> <li>▪ 1 x 100 swim @ 1:40 or r=10</li> </ul> </li> <li>• 1 x 50 swim @ 1:15 or r=30</li> </ul> </li> </ul>
EN-1/SP-1	12 x 25 @ 30 or r=10 <u>6 x thru:</u> <ul style="list-style-type: none"> <li>• ½ length easy/½ length fast</li> <li>• ½ length fast/½ length easy</li> </ul>
REC	200 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	6 x (50 swim, 25 drill, 25 kick)
EN-1	12 x 25 "stroke" @ 45 or r=15 <u>6 x thru:</u> <ul style="list-style-type: none"> <li>• ½ length scull w/ flutter kick/½ length swim</li> <li>• ½ length swim/½ length scull w/ flutter kick</li> </ul>
EN-1	12 x 50 (25 drill/25 swim) @ 1:10 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 50 "stroke"</li> <li>• 1 x 50 free</li> </ul>
EN-1 to EN-2	24 x 25 swim @ 40 or r=10-15 <u>8 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 25 "stroke"</li> <li>• 1 x 25 free</li> </ul>
EN-1	400 pull or swim: breathe every 3 <sup>rd</sup> stroke

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"> <li>• 400 swim</li> <li>• 4 x 50 @ r=10 <ul style="list-style-type: none"> <li>◦ 25 DPS/25 build</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 2 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ moderate effort, breathe 3/5 by 25's</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ negative split each 50</li> </ul> </li> <li>• 4 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> <li>• 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> <li>• 1 x 100 swim @ 3:00 <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> </ul>
REC	100 swim

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