Day/Date: Monday/August 7, 2023 **Focus: Distance Freestyle/Pace**

Pace	Set
REC	300 choice
EN-1	8 x 25 scull with flutter kick @ r=5
EN-1 to EN-2	3 x thru: • 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4 • extra 60 seconds rest
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

Day/Date: Tuesday/August 8, 2023 Focus: IM

Pace	Set
REC	300 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1/EN-3	8 x 50 kick @ r=10 • 25 easy/25 fast
EN-2	5 x 75 swim @ 1:45 or r=20 • 25 fly/25 free/25 fly • easy 25 at end of set
EN-2	5 x 75 swim @ 1:45 or r=20 • 25 back/25 free/25 back • easy 25 at end of set
EN-2	5 x 75 swim @ 1:45 or r=20 • 25 breast/25 free/25 breast • easy 25 at end of set
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

Day/Date: Wednesday/August 9, 2023 **Focus: Mid-Distance Freestyle/Pace**

Pace	Set
REC	400 choice
EN-1 to EN-3	• 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 ◦ 25 easy/25 fast • 2 x 200 swim @ 3:30 or r=20 ◦ negative split • 16 x 25 @ 40 or r=10 ◦ 25 drill/25 swim • 4 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 50's • 1 x 200 @ 4:00 or r=20 ◦ 25 drill/25 swim • 8 x 50 swim @ 55 or r=10 ◦ 2 x thru: ▪ 2 x 50 DPS ▪ 2 x 50 build
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

Day/Date: Thursday/August 10, 2023 Focus: Stroke

Pace	Set
REC	500 choice
EN-1	400 pull: negative split
EN-2	8 x 50 swim @ 1:00 or r=10 • negative split each 50 • choice of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-2	6 x 50 swim @ 1:05 or r=15 • negative split each 50 • choice of strokes
EN-1	200 pull: breathe 3/5/3/5 by 50's
EN-2	4 x 50 swim @ 1:10 or r=20 • negative split each 50 • choice of strokes
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

Day/Date: Friday/August 11, 2023 **Focus: Speed**

Pace	Set
REC	• 200 swim • 200 kick • 200 pull • 100 scull
EN-1 to EN-2	12 x 25 swim @ 40 or r=10 4 x thru: • 25 DPS • 25 build • 25 fast breakout, easy to wall
EN-1 to SP-1	• 2 x 150 swim @ 3:00 or r=30 ◦ negative split each 150 • 200 easy swim • 4 x 75 swim @ 1:30 or r=20 ◦ 25 build/50 fast! • 200 easy swim • 12 x 25 swim @ 45 or r=15 ◦ 4 x thru: ▪ 1 x 25 build ▪ 2 x 25 swim fast!
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