

Pace	Set
REC	400 swim
EN-1	<u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 50 pull (breathe 3/5 by 25's) @ 55 or r=10</li> <li>• 2 x 25 pull (breathe every 7<sup>th</sup> stroke) @ 30 or r=5</li> </ul>
EN-1 to EN-2	<u>@ 20 seconds rest between swims:</u> <ul style="list-style-type: none"> <li>• 50 <ul style="list-style-type: none"> <li>◦ 100 <ul style="list-style-type: none"> <li>▪ 150 <ul style="list-style-type: none"> <li>• 200 <ul style="list-style-type: none"> <li>◦ 250 <ul style="list-style-type: none"> <li>▪ 300 <ul style="list-style-type: none"> <li>◦ 250 <ul style="list-style-type: none"> <li>• 200 <ul style="list-style-type: none"> <li>▪ 150 <ul style="list-style-type: none"> <li>◦ 100 <ul style="list-style-type: none"> <li>• 50</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul>
EN-2 to REC	8 x 25 swim @ r=10 <ul style="list-style-type: none"> <li>• ascend times 1-8</li> </ul>

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 15, 2023

Focus: IM

Pace	Set
REC	300 swim
EN-1	12 x 25 @ r=10 • 25 scull w/ flutter kick/25 drill/25 swim
EN-1	8 x 75 pull @ 1:40 or r=15 • 25 free/25 breast/25 free
EN-2	8 x 75 swim @ 1:45 or r=20 • odd 75's: 25 fly/25 back/25 breast • even 75's: 25 back/25 breast/25 free
EN-2	20 x 25 swim @ 30 or r=5 • 100 IM order
REC	200 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

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Pace	Set
REC	500 choice
EN-1 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>moderate effort</li> </ul> </li> <li>1 x 150 swim @ 2:45 or r=20 <ul style="list-style-type: none"> <li>50 build/50 DPS/50 fast</li> </ul> </li> <li>1 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> <li>negative split</li> </ul> </li> <li>1 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>negative split</li> </ul> </li> </ul>
EN-1 to EN-3	<u>5 x thru:</u> <ul style="list-style-type: none"> <li>1 x 50 swim @ 1:00 or r=15</li> <li>2 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>faster than 50 pace</li> </ul> </li> </ul>
EN-1/EN-3	300 kick: every 3 <sup>rd</sup> length fast!
REC	200 choice

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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1 to EN-3	8 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none"> <li>• choose 1 stroke for each set of 4 x 50</li> <li>• descend times 1-4, 5-8</li> </ul>
EN-1 to EN-2	10 x 25 drill @ 45 or r=10 <ul style="list-style-type: none"> <li>• all stroke, no freestyle</li> </ul>
EN-2 to EN-3	8 x 50 swim @ 1:20 or r=30 <ul style="list-style-type: none"> <li>• choose 1 stroke</li> <li>• keep stroke count consistent</li> <li>• best possible average for 8 x 50</li> </ul>
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-1 to EN-2	10 x 25 drill @ 45 or r=10 <ul style="list-style-type: none"> <li>• all stroke, no freestyle</li> </ul>
REC	200 swim

Total = 2500

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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 choice</li> <li>• 200 swim</li> </ul>
EN-1	12 x 25 @ r=15 <ul style="list-style-type: none"> <li>• 25 kick/25 swim</li> </ul>
EN-1/EN-3	10 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> <li>• 25 build/25 fast</li> </ul>
REC	200 swim
EN-1/SP-1	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>• 25 build/25 fast</li> </ul>
REC	200 swim
EN-1/SP-1	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>• 25 build/25 fast</li> </ul>
REC	200 choice

Total = 2500

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