

Pace	Set
REC	<ul style="list-style-type: none"> • 300 swim • 8 x 25 (25 drill/25 swim) @ r=10
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 600 swim (or pull) @ 10:00 or r=60 <ul style="list-style-type: none"> ◦ moderate pace, note time • 1 x 400 swim (or pull) @ 6:40 or r=40 <ul style="list-style-type: none"> ◦ moderate pace, note time • 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ moderate pace, note time • 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ faster than previous 200 • 1 x 400 swim (or pull) @ 6:40 or r=40 <ul style="list-style-type: none"> ◦ faster than previous 400 • 1 x 600 swim (or pull) @ 10:00 or r=60 <ul style="list-style-type: none"> ◦ faster than previous 600
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 to EN-1	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 12 x 25 (25 scull/25 pull) @ r=5
EN-2	<p>8 x 100 @ 2:20 or r=20</p> <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 25 fly/75 back kick <ul style="list-style-type: none"> ◦ 25 back/75 breast kick <ul style="list-style-type: none"> ▪ 25 breast/75 free kick • 25 free/75 fly kick
EN-2	<p>8 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> • 50 fly <ul style="list-style-type: none"> ◦ 25 fly/25 back <ul style="list-style-type: none"> ▪ 50 back <ul style="list-style-type: none"> • 25 back/25 breast <ul style="list-style-type: none"> ◦ 50 breast <ul style="list-style-type: none"> ▪ 25 breast/25 free • 50 free <ul style="list-style-type: none"> ◦ 25 free/25 fly
EN-2	<p>8 x 25 swim @ 40 or r=10</p> <ul style="list-style-type: none"> • 100 IM order
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	600 choice
EN-1	20 x 25 @ r=10 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 kick • 25 10-beat free • 25 catch-up free • 25 "stroke" swim • 25 swim
EN-1 to EN-3	<u>3 x thru:</u> 1 st 100 sets pace for 200 and 300; goal is to hold 1 st 100 pace for 200 and 300. This is a deceptively hard set! <ul style="list-style-type: none"> • 1 x 100 @ r=15 • 1 x 200 @ r=30 • 1 x 300 @ r=60
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	500 choice
EN-2	10 x 25 kick @ r=15 • fly, back, or breast (i.e., stroke)
EN-1	500 pull: • breathe 5/3/5/3/5 by 100's
EN-2	10 x 25 drill @ r=10 • fly, back, or breast
EN-2	500 swim: • every 4 th length "stroke"
EN-2	10 x 25 swim @ r=15 • fly, back, or breast
EN-1	250 pull: • breathe 3/5/3/5/3 by 50's

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"> • 300 swim • 200 kick • 100 pull
EN-1	8 x 50 @ 1:10 or r=20 <ul style="list-style-type: none"> • 1-4: 25 kick/25 swim • 5-8: 25 drill/25 swim
EN-2 to SP-1	6 x 200 swim: descend times 1-3, 4-6 <u>2 x thru:</u> <ul style="list-style-type: none"> • #1: straight 200 @ 4:00 or r=60 • #2: broken 15 sec's @ 100 @ 4:15 or r=60 <ul style="list-style-type: none"> ◦ subtract 15 seconds to get time • #3: broken 10 sec's @ each 50 @ 4:30 or r=60 <ul style="list-style-type: none"> ◦ subtract 30 seconds to get time
REC	300 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