

Pace	Set
REC	500 choice
EN-1 to EN-2	<ul style="list-style-type: none"> • 600 pull @ 9:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 150's • 4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 400 pull 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 50 or r=5 <ul style="list-style-type: none"> ◦ descend times 1-4
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	400 swim
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none"> • 25 kick/25 drill/25 swim • IM order
EN-2	8 x 100 swim @ 2:10 or r=20 4 x thru: <ul style="list-style-type: none"> • 25 fly/75 back • 25 breast/75 free
EN-2	4 x 200 @ 4:10 or r=30 <ul style="list-style-type: none"> • 25 fly/50 back/25 breast/50 free/50 kick
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	400 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1	8 x 25 drill @ r=10 • 25 "10-beat" free/25 "catch-up" free
EN-1 to EN-3	2 x thru: <i>Pace gets faster as distance gets shorter</i> • 1 x 250 swim @ 4:10 or r=25 ◦ 1 x 200 swim @ 3:20 or r=20 ▪ 1 x 150 swim @ 2:30 or r=15 • 1 x 100 swim @ 1:40 or r=10 ◦ 1 x 50 swim @ 1:30 or r=45
EN-1/EN-3	300 kick: every 3 rd length fast!
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	<ul style="list-style-type: none"> • 300 swim • 200 kick • 200 pull
EN-2	8 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> • "short-axis" strokes (i.e., fly and breast) • negative split
EN-2	8 x 25 drill @ 45 or r=10 <ul style="list-style-type: none"> • 25 fly/25 breast
EN-2	8 x 50 @ 1:10 or r=20 <ul style="list-style-type: none"> • 25 drill/25 swim • alternate: 50 fly, 50 breast
EN-1	400 pull: breathe 3/5/3/5 by 100's
EN-2	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 25 fly/25 breast
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"> • 300 swim • 200 kick
EN-1/EN-2	<ul style="list-style-type: none"> • 8 x 25 swim @ r=10 • 25 DPS/25 build
EN-1 to SP-1	<ul style="list-style-type: none"> • 4 x 100 swim @ 2:00 or r=20-30 <ul style="list-style-type: none"> ◦ 75 easy/25 fast • 1 x 400 easy: swim or pull @ r=60 • 6 x 50 swim @ 1:00 or r=10-15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast • 1 x 300 easy: swim or pull @ r=60 • 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ 12.5 easy/12.5 fast • 1 x 200 easy: swim or pull

Total = 2500

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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