

Day/Date: Monday/February 2, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 600 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 25 pull @ 30 or r=5 <ul style="list-style-type: none"> ◦ all fast! • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-2 • 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ all fast! • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 4 x 25 pull @ 30 or r=5 <ul style="list-style-type: none"> ◦ all fast! • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8 • 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ all fast!
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast!
REC	<ul style="list-style-type: none"> • 1 x 200 choice

Total = 3000

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

Workouts off the beaten path

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 pull • 1 x 200: 25 scull/25 swim or pull
EN-2 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=15 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 freestyle @ 2:30 or r=60
EN-1	<ul style="list-style-type: none"> • 1 x 100 choice
EN-2 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 25 free @ 40 or r=15 • 25 breast/25 free @ 1:10 or r=20 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:30 or r=40
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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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Day/Date: Wednesday/February 4, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim
EN-1 to EN-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 25 kick @ 45 or r=10 • 1 x 50 swim @ 1:00 or r=15
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ▪ 3 x 75 swim @ 1:30 or r=15 • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ 5 x 125 swim @ 2:15 or r=20 • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ▪ 3 x 75 swim @ 1:30 or r=15 ◦ 2 x 50 swim @ 1:00 or r=15
REC	<ul style="list-style-type: none"> • 1 x 200 choice

Total = 3000

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	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free ◦ descend times 1-4 • 4 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none"> ◦ 50 free/50 "stroke"/50 free ◦ descend times 1-4 • 4 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free ◦ descend times 1-4 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ all "stroke" ◦ descend times 1-4
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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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Day/Date: Friday/February 6, 2026

Focus: Speed

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim
EN-1 to EN-3/SP-1	<ul style="list-style-type: none"> • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 25 pull @ 40 or r=15 <ul style="list-style-type: none"> ◦ all fast! • 4 x 100 kick @ 2:40 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 25 kick @ 50 or r=20 <ul style="list-style-type: none"> ◦ all fast! • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ all fast!
REC	<ul style="list-style-type: none"> • 1 x 300 choice

Total = 2500

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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