

Day/Date: Monday/March 2, 2026

Focus: Distance Freestyle/Pace

| Pace         | Set   |
|--------------|---|
| REC          | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 100 kick</li> <li>• 1 x 200 choice</li> </ul>  |
| EN-1 to EN-3 | <ul style="list-style-type: none"> <li>• 4 x 100 pull @ 1:40 or r=10               <ul style="list-style-type: none"> <li>○ breathe 3/5 by 50's</li> </ul> </li> <li>• 2 x 200 swim @ 3:20 or r=20               <ul style="list-style-type: none"> <li>○ descend times 1-2</li> </ul> </li> <li>• 1 x 400 pull @ 6:40 or r=40               <ul style="list-style-type: none"> <li>○ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 1 x 400 swim @ 6:40 or r=40               <ul style="list-style-type: none"> <li>○ negative split</li> </ul> </li> <li>• 2 x 200 pull @ 3:20 or r=40               <ul style="list-style-type: none"> <li>○ breathe 3/5 by 100's</li> </ul> </li> <li>• 4 x 100 swim @ 1:40 or r=10               <ul style="list-style-type: none"> <li>○ descend times 1-4</li> </ul> </li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 1 x 100 swim</li> </ul>  |

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 to EN-1 | <ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• 10 x 50 pull @ 55 or r=10               <ul style="list-style-type: none"> <li>○ breathe 3/5 by 50's</li> </ul> </li> </ul>           |
| EN-2        | <ul style="list-style-type: none"> <li>• 10 x 50 @ 1:10 or r=20               <ul style="list-style-type: none"> <li>○ 25 fly/25 back</li> <li>○ alternate: 50 drill/50 swim</li> </ul> </li> </ul>    |
| EN-2        | <ul style="list-style-type: none"> <li>• 10 x 50 @ 1:10 or r=20               <ul style="list-style-type: none"> <li>○ 25 back/25 breast</li> <li>○ alternate: 50 drill/50 swim</li> </ul> </li> </ul> |
| EN-2        | <ul style="list-style-type: none"> <li>• 10 x 50 @ 1:10 or r=20               <ul style="list-style-type: none"> <li>○ 25 breast/25 free</li> <li>○ alternate: 50 drill/50 swim</li> </ul> </li> </ul> |
| REC         | <ul style="list-style-type: none"> <li>• 1 x 100 choice</li> </ul>   |

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/March 4, 2026

Focus: Mid-Distance Freestyle/Pace

| Pace         | Set   |
|--------------|---|
| REC to EN-1  | <ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 100 swim</li> <li>• 8 x 50 pull @ 55 or r=10                             <ul style="list-style-type: none"> <li>○ breathe 3/5 by 25's</li> </ul> </li> </ul>   |
| EN-1 to EN-3 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 150 swim @ 2:40 or r=20                             <ul style="list-style-type: none"> <li>○ descend times 1-4</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ negative split each 50</li> </ul> </li> <li>• 1 x 100 swim @ 3:00 or r=90                             <ul style="list-style-type: none"> <li>○ easy</li> </ul> </li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>  |

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                    |

| Pace         | Set  |
|--------------|--|
| REC          | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick IM</li> <li>• 1 x 200 drill IM</li> </ul>  |
| EN-1 to EN-3 | <p><u>3 x thru (choose one stroke per round):</u></p> <ul style="list-style-type: none"> <li>• 1 x 150 @ 3:30 or r=30                             <ul style="list-style-type: none"> <li>○ 50 kick/50 drill/50 swim</li> </ul> </li> <li>• 2 x 75 swim @ 1:40 or r=20                             <ul style="list-style-type: none"> <li>○ descend times 1-2</li> </ul> </li> <li>• 3 x 50 swim @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>○ descend times 1-3</li> </ul> </li> <li>• 6 x 25 swim @ 40 or r=15                             <ul style="list-style-type: none"> <li>○ 25 easy freestyle/25 fast!</li> </ul> </li> <li>• 1-2 minutes between sets</li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 1 x 100 choice</li> </ul>   |

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                    |

| Pace        | Set   |
|-------------|---|
| REC to EN-2 | <ul style="list-style-type: none"> <li>• 1 x 600 choice</li> <li>• 8 x 25 @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 25 scull/25 pull</li> </ul> </li> <li>• 12 x 25 swim @ 40 or r=15                             <ul style="list-style-type: none"> <li>○ 25 build/25 DPS</li> </ul> </li> </ul> |
| EN-1/SP-1   | <ul style="list-style-type: none"> <li>• 12 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ alternate: 50 easy/50 fast</li> </ul> </li> </ul>   |
| REC         | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> </ul>  |
| EN-1/SP-2   | <ul style="list-style-type: none"> <li>• 16 x 25 swim @ 45 or r=20                             <ul style="list-style-type: none"> <li>○ alternate: 25 easy/25 fast</li> </ul> </li> </ul>   |
| REC         | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> </ul>  |

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                    |