

Day/Date: Monday/March 9, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 (25 drill/25 swim)
EN-1 to EN-3	<p><u>1st set pull, 2nd set swim:</u></p> <ul style="list-style-type: none"> • 2 x 4 x 100 @ 1:45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4 • 2 x 3 x 100 @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-3 • 2 x 2 x 100 @ 1:35 or r=5 <ul style="list-style-type: none"> ○ descend times 1-2 • 2 x 1 x 100 @ 1:30 or r=2-3 <ul style="list-style-type: none"> ○ fastest 100's of set!
EN-1/EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 30 or r=15 <ul style="list-style-type: none"> ○ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 100 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 to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's
EN-2	<ul style="list-style-type: none"> • 12 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ○ 3 each stroke ○ 25 kick/25 drill/25 swim
EN-1	<ul style="list-style-type: none"> • 1 x 300 pull: breathe 3/4/5 by 100's
EN-2 to EN-3	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ○ <u>4 x thru:</u> <ul style="list-style-type: none"> ▪ 25 fly/25 back ▪ 25 back/25 breast ▪ 25 breast/25 free
EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 100 IM order
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

Day/Date: Wednesday/March 11, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 choice • 8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 drill/25 swim
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 50's • 2 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 fast/25 DPS • 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ descend times 1-3 • 6 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ○ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 400: <ul style="list-style-type: none"> ○ odd 50's: 25 scull/25 glide ○ even 50's: 50 pull

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 kick • 1 x 200 pull
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 25 stroke/25 free ○ descend times 1-4 • 4 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none"> ○ #1: 75 free ○ #2: 50 free/25 stroke ○ #3: 25 free/50 stroke ○ #4: 75 stroke
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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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"> • 1 x 300 swim • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ○ <u>alternate</u>: 50 kick/50 drill • 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>3 x thru</u>: <ul style="list-style-type: none"> ▪ #1: 12.5 easy/12.5 fast ▪ #2: 12.5 fast/12.5 easy ▪ #3: 25 build ▪ #4: 25 fast
SP-1/REC	<ul style="list-style-type: none"> • 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ○ all fast! • 1 x 300 swim <ul style="list-style-type: none"> ○ all easy • 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ○ all fast! • 1 x 300 swim <ul style="list-style-type: none"> ○ all easy • 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 swim

Total = 2500

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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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