

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 200 pull</li> <li>• 1 x 200 drill IM</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ practice good streamlining</li> </ul> </li> <li>• 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 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>• 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 5/3/5 by 100's</li> </ul> </li> <li>• 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 100 swim @ 1:40 or r=20 <ul style="list-style-type: none"> <li>◦ practice good streamlining</li> </ul> </li> </ul>
EN-1/EN-3	<ul style="list-style-type: none"> <li>• 16 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>◦ 25 easy/25 fast!</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

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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• 1 x 200 kick IM</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 8 x 25 backstroke @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 25 kick/25 swim</li> </ul> </li> <li>• 4 x 100 swim @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>○ 25 back/25 free</li> <li>○ descend times 1-4</li> </ul> </li> <li>• 8 x 25 breaststroke @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 25 kick/25 swim</li> </ul> </li> <li>• 4 x 100 swim @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>○ 25 breast/25 free</li> <li>○ descend times 1-4</li> </ul> </li> <li>• 8 x 25 fly @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 25 kick/25 swim</li> </ul> </li> <li>• 4 x 100 IM @ 2:10 or r=30                             <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 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/April 15, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 200 pull</li> <li>• 8 x 25 kick @ 45 or r=10                             <ul style="list-style-type: none"> <li>○ 25 build/25 fast</li> </ul> </li> <li>• 8 x 25 swim @ 30 or r=10                             <ul style="list-style-type: none"> <li>○ 25 build/25 DPS</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• 2 x 100 pull @ 1:40 or r=10                             <ul style="list-style-type: none"> <li>○ breathe 3/5/3/5 by 25's</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 200 swim @ 3:40 or r=40                             <ul style="list-style-type: none"> <li>○ descend times 1-3 (by round)</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200: 25 scull/25 swim</li> </ul>

Total = 3000

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 3 x 100 @ r=15               <ul style="list-style-type: none"> <li>○ 50 kick/50 swim</li> </ul> </li> <li>• 6 x 50 @ r=15               <ul style="list-style-type: none"> <li>○ 25 drill/25 swim</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>Choose one stroke or stroke combo:</u></p> <ul style="list-style-type: none"> <li>• 4 x 75 swim @ 1:40 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=10               <ul style="list-style-type: none"> <li>○ descend times 1-4</li> </ul> </li> <li>• 4 x 25 swim @ 40 or r=10               <ul style="list-style-type: none"> <li>○ descend times 1-4</li> </ul> </li> <li>• 8 x 50 kick @ 1:15 or r=15               <ul style="list-style-type: none"> <li>○ descend times 1-4, 5-8</li> </ul> </li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 1 x 400 pull: breathe 3/4/5/3 by 100's</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

Total = 2500

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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 300 kick</li> <li>• 4 x 75 @ 1:40 or r=20                             <ul style="list-style-type: none"> <li>○ 25 drill/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>○ every 3<sup>rd</sup> 50 fast!</li> </ul> </li> <li>• 1 x 100 swim                             <ul style="list-style-type: none"> <li>○ all easy</li> </ul> </li> <li>• 8 x 50 swim @ 1:15 or r=30                             <ul style="list-style-type: none"> <li>○ every 2<sup>nd</sup> 50 fast!</li> </ul> </li> <li>• 1 x 100 swim                             <ul style="list-style-type: none"> <li>○ all easy</li> </ul> </li> <li>• 4 x 50 swim @ 1:30 or r=45                             <ul style="list-style-type: none"> <li>○ all fast!</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

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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