

Day/Date: Monday/April 6, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 kick • 1 x 300 drill IM
EN-1 to EN-3	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 100's ○ moderate effort • 1 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> ○ descend times 1-4 (by round)
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 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 drill IM
EN-1	<ul style="list-style-type: none"> • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's
EN-2 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 3 x 25 fly @ 40 or r=15 • 1 x 75 back @ 1:40 or r=20 • 1 x 75 breast @ 1:40 or r=15 • 1 x 75 (25 fly/25 back/25 breast) @ 2:00 or r=30
EN-2	<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 swim

Total = 2500

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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 • 1 x 200 swim
EN-1	<p>12 x 50 @ 1:00 or r=10</p> <ul style="list-style-type: none"> • <u>4 x thru:</u> <ul style="list-style-type: none"> ○ 25 10-beat back/25 back ○ 50 corkscrew (4 strokes free, 3 strokes bk) ○ 25 10-beat free/25 free
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ○ EN-1 pace • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ○ EN-2 pace • 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ EN-3 pace • 1 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> ○ SP-1 pace
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 3000

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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM
EN-1 to EN-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ cobra drill w/ fins (breaststroke arms, flutter kick) • 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 breaststroke drill/25 breaststroke • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 100's
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 200 kick IM • 4 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 25's
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 w/ good breakout, easy to wall/ ○ 25 fast! • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ easy
EN-3/SP-1/SP-2	<p>3 x 3 x 100 swim @ 2:20 or r=30-40</p> <ul style="list-style-type: none"> • round 1: goal is best time + 20 seconds • round 2: goal is best time + 15 seconds • round 3: goal is best time + 10 seconds • extra 2 minutes between rounds
REC	<ul style="list-style-type: none"> • 1 x 200 choice

Total = 2500

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