

Day/Date: Monday/May 11, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 kick • 1 x 200: 25 scull/25 swim • 1 x 200 drill
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 300 pull @ 5:00 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 2 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • Extra 60 seconds between rounds
REC	<ul style="list-style-type: none"> • 1 x 300 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

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 • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's
EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> ○ 50 fly/25 back ○ 50 back/25 breast ○ 50 breast/25 free ○ 25 fly/25 back/25 breast • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 25 fly/25 back ○ 25 back/25 breast ○ 25 breast/25 free ○ 50 choice • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 100 IM order • Extra 60 seconds between rounds
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/May 13, 2026

Focus: Mid-Distance Freestyle/Pace

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	<ul style="list-style-type: none"> • 9 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 10-beat back/25 back ○ 50 corkscrew: 3 strokes back, 4 strokes free ○ 25 10-beat free/25 free
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 100 swim <ul style="list-style-type: none"> ○ EN-3 pace • 1 x 200 swim <ul style="list-style-type: none"> ○ EN-2 pace • 1 x 300 swim <ul style="list-style-type: none"> ○ 150 at EN-2 pace/150 @ EN-3 pace • 1 x 400 swim <ul style="list-style-type: none"> ○ EN-1 pace • 1 x 300 swim <ul style="list-style-type: none"> ○ 100 at EN-1/100 at EN-2/100 at EN-3 • 1 x 200 swim <ul style="list-style-type: none"> ○ EN-2 pace • 1 x 100 swim <ul style="list-style-type: none"> ○ EN-3 pace
REC	<ul style="list-style-type: none"> • 6 x 25 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 swim

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 drill IM • 4 x 50 kick @ r=15 <ul style="list-style-type: none"> ○ IM order
EN-1 to EN-2	<p><u>3 x thru (choose 1 stroke per round):</u></p> <ul style="list-style-type: none"> • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 DPS/25 fast • 4 x 50 @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 1 x 300 swim @ 5:30 or r=30 <ul style="list-style-type: none"> ○ alternate: 50 stroke/50 free
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

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 400 choice • 4 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 25's • 8 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 easy/25 fast • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 DPS
EN-3 to SP-2	<ul style="list-style-type: none"> • 3 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-3 • 3 x 100 swim @ 2:00 or r=30+ <ul style="list-style-type: none"> ○ goal = best time + 20 seconds • 3 x 100 swim @ 2:15 or r=45+ <ul style="list-style-type: none"> ○ goal = best time + 15 seconds • 3 x 100 swim @ 2:30 or r=60+ <ul style="list-style-type: none"> ○ goal = best time + 10 seconds
REC	<ul style="list-style-type: none"> • 1 x 200 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