

Day/Date: Monday/May 4, 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 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 3/4/5/3 x 2
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ▪ 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ○ 1 x 400 swim @ 6:40 or r=40 • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 1 x 200 swim @ 3:20 or r=20 ○ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:00 or r=15
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 • 12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 kick/25 drill/25 swim ○ IM order by round
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 25 fly kick @ 45 or r=15 • 4 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ○ descend times 1-4 • 4 x 25 back kick @ 45 or r=15 • 3 x 100 reverse IM @ 2:00 or r=20 <ul style="list-style-type: none"> ○ descend times 1-3 • 4 x 25 breast kick @ 45 or r=15 • 2 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ○ descend times 1-2 • 4 x 25 free kick @ 45 or r=15 • 1 x 100 IM @ 2:00 or r=20 <ul style="list-style-type: none"> ○ fastest 100 IM of set!
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

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 600 choice
EN-1/EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 100's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ hard effort! • 2 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ○ breathe 3/5 by 100's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ hard effort! • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ hard effort! • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ hard effort!
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ○ 25 easy/25 fast!
REC	<ul style="list-style-type: none"> • 1 x 200 choice

Total = 3000

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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	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 (25 kick/25 swim) • 1 x 200 (25 drill/25 swim) • 4 x 50 (25 scull/25 swim) @ r=10
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 50 "stroke" drill @ 1:15 or r=20 • 1 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ○ 25 stroke/25 free • 1 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none"> ○ 50 stroke/50 free • 1 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ○ 25 stroke/25 free • 1 x 50 stroke swim @ 2:00 or r=60
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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 4 x 50 (25 kick/25 swim) @ r=10 • 4 x 50 (25 scull/25 pull) @ r=10 • 4 x 50 (25 drill/25 swim) @ r=10
EN-1 to SP-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"> ○ 25 build/25 fast/25 DPS • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 fast • 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ○ all fast! • 1 x 200 super easy

Total = 2500

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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