

Day/Date: Monday/June 15, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 500 swim • 10 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ <u>5 x thru:</u> <ul style="list-style-type: none"> ▪ 25 10-beat free/25 DPS ▪ 25 catch-up free/25 DPS
EN-1/EN-2/EN-3	<ul style="list-style-type: none"> • 2 x 500 swim @ 8:00 or r=30 <ul style="list-style-type: none"> ○ 100 easy/100 moderate/100 fast/100 moderate/100 easy
EN-1	<ul style="list-style-type: none"> • 10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's
EN-1/SP-1	<ul style="list-style-type: none"> • 10 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 250 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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 SJ Black, PhD

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 swim • <u>4 x thru:</u> <ul style="list-style-type: none"> ○ 25 scull/25 glide stroke/25 pull
EN-2	<p><u>4 x thru "Milt Nelms' Axis Swim"</u></p> <ul style="list-style-type: none"> • <u>Swim continuously:</u> <ul style="list-style-type: none"> ○ 25 back ○ 25 fly ○ 25 back ○ 25 breast ○ 75 free
EN-2 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 1 each stroke • 3 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 25 fly/25 back ○ 25 back/25 breast ○ 25 breast/25 free • 2 x 100 IM @ 2:15 or r=30 <ul style="list-style-type: none"> ○ descend times 1-2 • Extra 60 seconds rest
REC	<ul style="list-style-type: none"> • 1 x 200 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-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 100 kick • 1 x 100 IM drill
EN-1 to EN-3	<ul style="list-style-type: none"> • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-3 • 2 x 150 pull or swim @ 2:30 or r=15 <ul style="list-style-type: none"> ○ breathe 5/3/5 by 50's • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ○ negative split • 2 x 150 pull or swim @ 2:30 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 50's • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-3 • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's
EN-1/SP-1	<ul style="list-style-type: none"> • 16 x 25 swim @ 40 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

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 12 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ 3 each stroke, IM order • 12 x 25 pull @ 45 or r=5-15 <ul style="list-style-type: none"> ◦ 2 x 25 breast pull/1 x 25 free pull
EN-2 to EN-3	<ul style="list-style-type: none"> • 8 x 25 stroke swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 50 stroke swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-4 • 2 x 100 stroke swim @ 2:20 or r=30 <ul style="list-style-type: none"> ◦ negative split each 100
EN-1	<ul style="list-style-type: none"> • 12 x 25 drill @ 45 or r=15 <ul style="list-style-type: none"> ◦ 2 x 25 stroke drill/1 x 25 free drill
EN-2 to EN-3	<ul style="list-style-type: none"> • 2 x 100 stroke swim @ 2:20 or r=30 <ul style="list-style-type: none"> ◦ descend times 1-2 • 4 x 50 stroke swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ negative split each 50 • 8 x 25 stroke swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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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-2	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 100 drill IM • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 DPS
EN-1/SP-1	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ every 3rd 50 fast! • 1 x 200 pull or pull easy • 8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> ○ every other 50 fast! • 1 x 200 swim or pull easy • 4 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> ○ all fast!
REC	<ul style="list-style-type: none"> • 1 x 200 choice

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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