

Day/Date: Monday/June 22, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 100 kick • 1 x 200: 25 drill/25 swim
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 600 pull @ 9:40 or r=40 <ul style="list-style-type: none"> ○ breathe 3/5/3/5/3/5 by 100's • 4 x 150 swim @ 2:40 or r=20 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 400 pull @ 6:40 or r=40 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ○ breathe 3/5 by 100's • 4 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4
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 • 1 x 200 drill • 12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's
EN-1 to EN-3	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 100 IM order • 1 x 100 IM @ 2:00 or r=20 • 1 x 100 freestyle @ 2:00 or r=30
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 500 choice • 12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 kick/25 drill/25 swim • 4 x 50 swim @ 1:00 or r=45 <ul style="list-style-type: none"> ○ descend times 1-4
EN-1/EN-2/EN-3	<ul style="list-style-type: none"> • 20 x 75 swim @ 1:30 or r=20-30 <ul style="list-style-type: none"> ○ 1-4 @ EN-1 pace ○ 5-8 @ EN-2 pace ○ 9-12 @ EN-3 pace ○ 13-16 @ EN-2 pace ○ 17-20 @ EN-1 pace
EN-3 to EN-1	<ul style="list-style-type: none"> • 20 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>5 x thru:</u> <ul style="list-style-type: none"> ▪ 2 x 25 w/ excellent breakouts (streamlining w/ fast underwater dolphin kicking) ▪ 2 x 25 DPS

Total = 3000

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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

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 200 kick IM • 1 x 200 drill IM
EN-1	<ul style="list-style-type: none"> • 1 x 100 pull or swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's • 1 x 200 pull or swim @ 3:20 or r=20 <ul style="list-style-type: none"> ○ breathe 3/5 by 100's • 1 x 100 pull or swim @ 5:00 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 stroke/25 free • 1 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ○ 50 stroke/50 free • 1 x 200 swim @ 4:00 or r=40 <ul style="list-style-type: none"> ○ 100 stroke/100 free
REC	<ul style="list-style-type: none"> • 1 x 150 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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 drill/25 build
EN-3/REC	<ul style="list-style-type: none"> • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>3 x thru:</u> <ul style="list-style-type: none"> ▪ ½ fast/½ easy ▪ ½ easy/½ fast ▪ all easy ▪ all fast
REC	<ul style="list-style-type: none"> • 1 x 300 easy swim
SP-1/REC	<ul style="list-style-type: none"> • 12 x 50 @ 1:15 or r=30 <ul style="list-style-type: none"> ○ <u>3 x thru:</u> <ul style="list-style-type: none"> ▪ 25 fast/25 easy ▪ 25 easy/25 fast ▪ all easy ▪ all fast
REC	<ul style="list-style-type: none"> • 1 x 300 easy swim

Total = 2500

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EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max